



## **GYM WAIVER AND RELEASE OF LIABILITY**

By agreeing to The Breathe Studio (“the Studio) membership, you are deemed to have agreed and accepted the following terms and conditions:-

### 1. Health, Safety, Injury and Medical Policies and Procedures:

I understand that there are numerous risks associated with my participation in physical activities, including the risks present during classes and other activities; before, during and after various classes and events; in travel to and from the Studio. Some of the specific risks include the placement of unusual stresses on the body, falling and/or tripping which may lead to accidents resulting in, but not limited to, mild to severe bodily injuries.

I understand that the trainers, and/or any other staff member cannot be held responsible by me for any injuries and/or damages experienced by my participation in such activities. The management shall not be held responsible by me or as such held liable for any loss, bodily injuries, illness or death of any client(s) however caused, sustained or incurred arising out of, or in any way connected with/without the use of the Studio’s facilities, amenities and/or equipment. I agree and accept that I shall be safely spotting moves to reduce any risk of injury, correcting posture, alignment and technique which requires physical contact between the trainer of the Studio and the client. It is the responsibility of the client/member, in this case myself, to notify the trainer in question of an injury or medical condition prior to every class and/or as and when such injury is sustained.

While the Breathe Studio takes all reasonable care in the conduct of its classes, the Studio or any of the Studio’s related employee(s), does not:

1. accept responsibility for personal injury or loss caused during a class or while clients are at any location in which

The Breathe Studio classes or events are held.

2. accept responsibility for loss by way of theft or otherwise, or damage of your personal belongings and/or personal property before and/or, during and/or after sessions conducted by the Studio.

It remains the client's/member's responsibility to ensure that they follow all safe practices to avoid any kind of injury. At all times during a workout session, they are responsible for their own personal safety and must conduct themselves in a manner that does not put themselves or any other member at risk in any manner whatsoever.

It is the responsibility of the client(s)/guardian(s) to make the studio aware of any medical conditions/allergies, and/or any particular treatment methods of such conditions that the Studio should be aware of.

As you recognise this risk you knowingly and voluntarily waive all rights and causes of any kind, including but not limited to, injury and negligence while attending all/any workout sessions at The Breathe Studio. You also hereby agree to release the Breathe Studio and hold The Breathe Studio harmless of all liability and acknowledge that you knowingly and voluntarily assume full responsibility of all physical injuries arising out of active participation in the workout sessions at the Studio. You have agreed to this release of liability freely and at your own free will without any force, coercion or undue influence.

#### Photography and Video Policies:

By signing the Agreement and Releases, I hereby consent and give permission to the Studio, and those acting under its authority, to film/photograph classes, events, and use my name and/or my social media handle for the purposes of marketing, social media, etc.

Sign here

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