



Disclaimer Form

I hereby agree to the following:

1. That I am participating in a programme offered by CA Sports Therapy, during which I will receive information and instruction about pilates, physical exercise or health.
2. I recognise that exercise requires physical exertion, which may be strenuous and may cause physical injury.
3. I confirm that I am physically fit and have no medical conditions which would prevent my full participation. It is my responsibility to consult my GP prior to the classes if necessary, to seek confirmation of attendance if I have any concerns.
4. I am fully aware of any risks and hazards involved in any exercise programme and I agree to take full responsibility for any risks, injuries or damaged, known or unknown, which I may incur as a result of participating in the programmes offered by CA Sports Therapy.
5. If I am pregnant, I understand that I exercise at my own risk and that of my unborn child/ren.
6. In further consideration of being permitted to participate in any programmes, I knowingly and voluntarily waive any claims against CA Sports Therapy for injury for damages that I may sustain as a result of participating in these programmes.
7. I hereby take full and sole responsibility from any liability or loss or damage to personal property associated with programmes offered by CA Sports Therapy.

I have read and voluntarily agree to the terms and conditions stated above under my own free will. Payment and attendance to any programme confirms this.