



WAIVER FORM

www.healthyhabit.com.au e: info@healthyhabit.com.au

AGREEMENT FOR PARTICIPATING IN PERSONAL /GROUP STRENGTH, FITNESS AND CONDITIONING TRAINING

(WARNING: This is a legal document that affects your rights)

The 'Trainer' refers to the Australian Registered Business Healthy Habit Fitness. The 'Activity' refers to the participation in personal/group strength, fitness and conditioning training and general advices.

- I acknowledge that it is a condition of participating in this activity that I do so at my own risk.
- I accept all risks and hereby indemnify and release the trainer, their agents, affiliates, employees, members, sponsors, promoters and any person or body directly and indirectly associated with the Trainer again all liability (including liability for their negligence and the negligence of others) claims, demands, and proceeding arising out of or connected with my participation to this activity.
- The release and indemnity continues forever and binds heirs, successors, executors, personal representatives and assigns.
- I acknowledge that participating in this activity may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, equipment failure, and accidents with equipment and surroundings.
- I recognise that difficulties associated with the activity and attest I am physically fit to participate safely in the activity and that a qualified medical practitioner has not advised me otherwise.
- I understand the demanding physical nature of this activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. By continuing to participate in this activity, I accept the risk despite these conditions and am still, and will always be under the terms of this agreement.
- I give my permission for photographs of me to be used for social media, the newsletter and promotional material.
- I certify that I am 18 years older and have read this document and fully understand it

Signature : _____ Phone _____

Full name _____ Date: _____

Email _____

Emergency Contact: _____

Employer _____

Occupation _____

Previous or current injuries _____

Friends who might like to get fit with you

Name _____ Contact Details _____

Name _____ Contact Details _____

Name _____ Contact Details _____