

## RISK ACKNOWLEDGMENT & WAIVER

I understand and I am aware that this type of exercise, including the use of equipment, in the outdoors, is potentially hazardous. I also understand that exercise and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment with the knowledge of the dangers involved. I hereby agree to expressly assume and accept all and any risks of injury or death.

I am aware that I have the right to request advice from any of the Parkfit Bootcamps Ltd staff, at any time, in relation to the activities and exercise being undertaken and, but not exclusively, their suitability for me, with particular regard to my health and clothing. If I choose not to take advice, or to disregard any advice so given, I do so voluntarily and accept liability for all resulting injuries or damage.

By agreeing to these terms and conditions I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness that would prevent my participation or use of equipment. I am aware that it is MY responsibility to advise Parkfit Bootcamps Ltd in writing, and to advise the Instructor at the beginning of EVERY session if I suffer from any condition, impairment, disease or infirmity or other illness including any injury or if I am post or pre-natal, that could compromise my health during a session.

I acknowledge that I have been given my doctor's permission to participate, or that I have decided to participate in this activity and to use such equipment without the approval of my doctor and do hereby assume all responsibility for my participation and activities, and utilisation of equipment in my activities.

In consideration of being allowed to participate in the activities and programmes of Parkfit Bootcamps Ltd and to use the facilities and equipment owned and/or under the control of Parkfit Bootcamps Ltd, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge Parkfit Bootcamps Ltd from any and all responsibility or liability for injuries or damages resulting from my participation in any activities or my use of equipment in the above mentioned activities.

In addition I acknowledge that Parkfit Bootcamps Ltd cannot accept responsibility for any valuables I leave in my vehicle or that I leave in the Instructor's vehicle, or with the Instructor including, but not limited to, mobile phones and car keys.

As part of our communications activity, Parkfit Bootcamps Ltd sometimes use photography for advertising and marketing purposes. We would like your permission to photograph/film you for possible inclusion in our publications, on our website, on our social media sites and other publicity material. Any such image(s) will remain the property of Parkfit Bootcamps Ltd and will be used for the designated purpose of promoting Parkfit Bootcamps Ltd. Your contact details will remain strictly confidential. By consenting to our terms and conditions you are also permitting Parkfit Bootcamps Ltd to use any such images mentioned above for the purposes mentioned above and for inclusion in the central Parkfit Bootcamps Ltd images library.