



Disclaimer/Consent form

YOU MUST BE OVER 18 YEARS OF AGE TO PARTICIPATE

Pole dance is a physically demanding sport, with a reasonable level of fitness required.

I Declare that I am **over 18 years old** and understand the risks that Pole dance/ fitness entails, including (but not limited to) risk of serious injury or even death. I also understand that I do so **entirely at my own risk**.

Pole dance can result in bruising, friction burns, muscle aches and delayed onset of muscle soreness and these must be accepted as a risk if you are to participate in lessons.

I understand that Body and Pole Ltd accept no responsibility or liability for injuries or damage incurred resulting from (but not limited to) poor technique, inadequate fitness/strength, instruction, and unforeseen malfunction of equipment. Body and Pole also accept no responsibility or liability for any loss or damage to personal items.

I agree to release Body and Pole Ltd and its instructors from any claims for damages for injury. I also agree to waive my right to bring legal action against Body and Pole Ltd for personal injury or property loss, liabilities, claims, actions and damages, including legal fees.

I declare that I know of no reason why I should not be participating in a pole fitness course, and have no underlying reason that would predispose me to injury.

I wish to participate voluntarily in Pole dance and assume all risk of injury. I have read the above disclaimer and fully understand its terms.

Signed.....

Print name.....

Date.....

If you have any queries or concerns regarding the above declaration please don't hesitate to contact 07781 190243 (Anneka) or 07839 200241 (Lava).

Any information given to instructors will remain private and confidential.