

## **Rauform Pilates & Fitness Liability Waiver**

1. By attending Rauform Pilates & Fitness and participating in classes, you will be performing physical activity and exercise which has an inherent risk of personal injury. Participating in Classes is undertaken at your own risk.
2. You must inform instructors if there are any risks to your health by participating in Class, including in a Class, such as if you have a pre-existing injury, illness, muscle soreness/discomfort or are pregnant, prior to commencement. Participating in any form of exercise at Rauform Pilates & Fitness with a Medical Condition is done entirely at your own risk.
3. You acknowledge that your participation in any form or exercise at our studios may involve risks, including risk of personal injury.
4. Rauform instructors and studio staff are not medically trained and are therefore not qualified to assess whether clients are in good physical condition and/or that clients can engage in exercise without detriment to their health, safety, comfort or physical condition. Clients are advised to seek medical advice prior to commencing any exercise program if they are in any doubt about their ability to engage in exercise.
5. By participating in our classes, you agree that our liability in relation to recreational services (as that term is defined in section 139A of the Competition and Consumer Act 2010 (Cth)) for any death, physical or mental injury (including aggravation, acceleration or recurrence of any such injury), the contraction, aggravation or acceleration of a disease, the coming into existence, aggravation, acceleration or recurrence of any other condition, circumstance, occurrence, activity, form of behaviour, course of conduct or state of affairs that is or may be harmful or disadvantageous to you or the community, or that may result in harm or disadvantage to you or the community, that may be suffered by you as a result of the supply of recreational services by Rauform Pilates & Fitness is hereby excluded, save that this limitation of liability does not apply to significant personal injury suffered by you as a result of reckless conduct by Rauform Pilates & Fitness in supplying the recreational services.
6. You acknowledge that our instructors may use tactile cueing and adjustment methods, or make physical contact with you for correction purposes in order to ensure that Pilates & Fitness practice is undertaken in accordance with Rauform Pilates & Fitness best practice.
7. Pregnant Clients: Rauform Pilates & Fitness can accommodate pregnant clients in all classes unless you are experiencing complications in your pregnancy. We also recommend you to transition to the pre & post-natal classes after 14 weeks of pregnancy. If you are new to reformer Pilates or fitness, we highly recommend clearance from your doctor, women's health physio or OBGYN to participate in classes.
8. All persons under 18 years of age must have parental consent before attending a Rauform Pilates & Fitness class. Once this Liability Waiver has been signed on their behalf by a parent or guardian, persons under 18 years of age may attend Rauform Pilates & Fitness classes.

Full name of client: \_\_\_\_\_

Signature of client: \_\_\_\_\_

Date signed: \_\_\_\_\_