



INFORMED CONSENT

Informed Consent The aims of this pole fitness session are to improve cardiovascular fitness, muscle strength and endurance, flexibility and to learn new pole fitness moves. A warmup and cool down will be included as part of the lesson. Please notify your instructor prior to the session if you have sustained any injuries, medical conditions or illnesses, or if you feel there are parts of the session you are unable to take part in. Participation is completely voluntary and if at any time you feel you are unable to continue please let the instructor know. As with all exercise, pole fitness carries with it an element of risk and you may experience some bruising or burn and feel slightly achy for a few days afterwards. This lesson has been designed to minimise those risks and with continued practice your body will become more conditioned to the movements involved.

Our PARQ is intended to help you make an informed decision about attending a lesson at Pole Fitness with Simone.

If you answer 'Yes' to any of the questions listed in our PARQ, we recommend seeking advice and confirmation from your doctor before attending a lesson with us.

Please also ensure you notify your instructor of any concerns/injuries before each class.

Should you choose to participate in a lesson without prior consultation from your doctor, or without disclosing existing conditions to your instructor, you do so at your own risk.