

Active GC

Health & Fitness

Trainer / Client Agreement

Active GC Health & Fitness and _____(your name)
have agreed to the following terms and conditions.

I acknowledge that is a condition of participating in this activity that I do so at my own risk. I accept all risk and hereby indemnify and release the trainer, or any other person directly or indirectly associated with the trainer against all liability claims, demands and proceeding arising or connected with participation in this activity.

I acknowledge that participating in this activity may involve a risk of serious injury, I recognise the difficulties associated with the activity and attest that I am physically fit to participate safely in the 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.

In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health if I participate in this activity my trainer will be immediately informed.

My continuing to participate in this activity, I accept the risks despite these conditions and am still, and will always be under the terms of this agreement.

I certify that I am 18 years or older and have read this document fully and understand it.

As a parent or guardian of the participant;

- a) I agree to the above for myself and on behalf of the participant and (b) indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity on the terms referred to.

CLIENT

Name: _____

Signed: _____

Date: _____

TRAINER

Name: Keith Webb

Signed: _____

Date: _____