

Informed Consent Form**1. Activity to be undertaken**

I understand that I will be taking part in a physical activity that may challenge my cardiorespiratory system (heart and lungs), musculoskeletal system (muscle endurance, strength and flexibility) and nervous system.

Physical activity may include but shall not be limited to aerobic and/or anaerobic activities, callisthenic exercises, weight-bearing movements or resistance training exercises with equipment, flexibility and stability exercises.

By becoming a member of BFIT PT Ltd, I confirm that I am satisfied with my understanding of the nature and intensity of the activity I will be undertaking.

2. Potential risks

I understand that the physical activity I am taking part in carries inherent risks including but not limited to musculoskeletal pain, strains or injury, changes to heart rate or blood pressure, unpredictable bodily reactions such as dizziness and fainting. I understand this extends to more serious risks such as stroke, heart attacks or other fatal conditions.

I am voluntarily participating knowing it may be hazardous to me and my property. I voluntarily assume full responsibility for any injuries or damage to property that may be sustained as a result of the participation in this activity.

3. Personal information

All information I provide including personal measurements or images taken are for the sole purpose of assessment and accountability. I confirm that I understand the reasons behind my personal data being stored, and that this data will remain confidential and stored according to GDPR guidelines.

4. My responsibilities

I accept it is my responsibility to make sure the appropriate people are aware of my medical conditions by completing, signing and (when appropriate) updating my Physical Activity Readiness Questionnaire (PAR-Q). I understand it is my responsibility to recognise when I am experiencing undue discomfort or fatigue and to omit or discontinue the physical activity, as necessary.

5. I confirm I am participating in the activity voluntarily and that I understand I can withdraw my consent and participation in the activity at any time, for any reason.