



## Disclaimer

### General Health & Risk

Please be aware that any exercise carries certain risks, this maybe but not limited to :  
High Blood Pressure, Fainting, Dehydration, Nausea, Light Headedness, Muscle Pain, Joint Pain and Pulled Muscles.

Aerial Fitness also contains the additional risk of Bruising and Friction Burns from the equipment and also as we sometimes work at height the risk of falling from height.

If you have any prior medical issues or injuries you will be required to seek a doctors permission before taking any classes with us.

You must inform your instructor if your health alters in any way.

By enrolling for a class with Aerial Allsorts you accept the risk and liability that Aerial Fitness may pose.

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Anti Bullying Policy.

Photo, Video and Social Media Policy.

Booking Conditions.

Studio Safety

General Studio Rules.

By enrolling for a class with Aerial Allsorts I confirm that I agree to all your Policies as published on [www.aerialallsorts.co.uk](http://www.aerialallsorts.co.uk) and shown in our student handbook. Copies are also available via email if required.