



## **Physical Activity Readiness Disclaimer for FitIQ - 2024**

### **Outline of Program and Objectives of Training:**

Welcome to FitIQ! Our program is designed to offer physically demanding fitness training sessions, which include exercises to develop the cardiovascular system (heart and lungs), the musculoskeletal system (muscle endurance, strength, and flexibility/mobility). Training sessions may involve aerobic activities, mobility and stability exercises, weightlifting, and a variety of equipment like TRX, balls, and rigs. The goal is to improve your overall health, strength, and flexibility.

### **Potential Risks Acknowledgement:**

Please be aware that your body's reaction to training can vary. Risks may include abnormal changes during or following exercise, such as changes in blood pressure or even heart attacks. Heavy bodyweight exercises and weightlifting could lead to musculoskeletal strains, pain, or injury. You agree to train within your own limits and take full responsibility for your safety during training.

### **Liability Disclaimer:**

FitIQ trainers and the facility shall not be liable for any personal injuries or damages you may sustain during training. You assume full responsibility for any injuries or damages occurring during training and events. By participating, you release and discharge FitIQ from all claims, demands, damages, and rights of action, both present and future.

### **Physical Condition Warranty:**

By participating, you confirm that you are in good physical condition and have no impairment or illness that prevents active or passive exercise participation. You affirm having a recent physical check-up and your GP's permission to engage in aerobic and/or anaerobic conditioning.

### **Media Consent:**

You consent to FitIQ taking photographs/videos during sessions, which may be used in social media posts or shared with the class session team group.

### **Description of Potential Benefits:**

Regular training can offer numerous benefits, such as decreased body fat, lowered blood pressure, improved mental health, reduced heart disease risk, and enhanced mobility and functional fitness.

### **Personal Information and Emergency Contact:**

Your personal information and emergency contact details will be securely stored for emergency purposes. FitIQ will retain these records for 3 years post-signature. Any health changes affecting your training should be communicated to us.



**Withdrawal of Consent:**

You have the right to withdraw your consent for the use of your personal details and images. Please submit any changes or withdrawal requests in writing to [Lou's email].

**COVID-19 Precautions:**

FitIQ will take precautions to minimise the risk of coronavirus spread. You acknowledge the risks associated with coronavirus and agree that you are attending in full health to the best of your knowledge.

**Acknowledgment and Agreement:**

By agreeing to this document, you acknowledge understanding all the above terms and agree to abide by them.