

Participant Consent.

I _____ acknowledge that, by signing this document, I have voluntarily chosen to participate in a program of progressive physical exercise that can enhance the musculoskeletal and cardio respiratory systems. In signing this document, I acknowledge being informed of the possible strenuous nature of the program and the potential for unusual, but possible physiological results. By signing this document, I assume all risk for my health and wellbeing and hold harmless of any responsibility, the instructor, facility or any persons involved with this program and testing procedures. I understand that questions about exercise procedures and recommendations are encouraged and welcomed.

If for any reason I should not be able to participate in my exercise programme or if I have any injuries that may prevent me from doing so, I will inform my personal trainer/instructor. If at any time during my exercise programme I feel undue pain or excessive discomfort I will stop the exercise and inform my personal trainer/instructor of the symptoms.

I warrant that I have made a full and correct disclosure of my health status on the “Physical Activity Readiness Questionnaire” that my status has not changed since the aforementioned disclosure and that I am not aware of any adverse medical condition in myself which Jane Lewis Fitness would expect me to reveal.

Data Privacy,

Jane Lewis Fitness will need to keep in contact with you via email or telephone regarding your training. Any information shared with Jane Lewis Fitness will not be shared with any third parties. However, with your permission there may come a time when it is necessary to share your information with another health professional.

If you would like to be kept updated with the latest news and any future events or classes then please opt in by indicating how you would like to be contacted.

- Email
 Telephone
 Post

Signature Print name..... Date.....

Parent/Guardian Signature (if signing on behalf of a person under 18)

Photography/Video Consent.

From time to time Jane Lewis Fitness would like to use photographic and video images taken of you for promotional purposes. These images may be sent out on social media, used for public literature or on the Jane Lewis Fitness website.

I the undersigned allow Jane Lewis Fitness and those working alongside JLF to take photographs and videos of me during an exercise class and grant permission to be used by Jane Lewis and its project partners, to promote and reuse in promotional material and on the Jane Lewis Fitness website.

Signature.....Date.....

Parent/Guardian Signature if signing on behalf of persons under 18.