



Dragon Fitness & Coaching

Injury Liability Waiver

I (name)_____ understand that my participation in exercise programmes, classes or events and any related activity conducted by Allyson van de Pol (Smyth), Personal Trainer, is voluntary and at my own risk.

I am aware that exercise can be physically stressful and, in certain instances, can even result in injury or cause death.

The levels of exercise that I will perform will be at my own pace, based upon my cardio-respiratory (heart & lung) fitness, muscular strength and endurance.

I hereby state that I will inform the trainer of any symptoms (e.g. fatigue, shortness of breath, chest discomfort, any pain/discomfort/concern for my safety/benefit) during my participation in exercise. If I have high blood pressure, diabetes, a heart condition, an existing injury, recent surgery or if I am taking any prescribed medications that could affect my performance, I will inform the trainer prior to participating in any exercise.

- I understand that I will be given instructions on how to perform an exercise and use equipment and I will ask the trainer any questions if I do not understand.
- I was offered the opportunity to be instructed on how to perform an exercise and use equipment, however I declined because:

_____ (reason)

Allyson van de Pol (Smyth), Personal Trainer, will not be liable for any injuries or damage arising out of participation or use of facilities to the undersigned.

I acknowledge that I have read this document in its entirety and understand the above. I have had the opportunity to ask questions and receive answers.

Client Signature: _____ Date: _____ Print
Name: _____



Testimonial and Photo Release

I, the undersigned, hereby grant to Allyson van de Pol (Smyth), (Trainer) and her agents the right to use my name, biographical information, photographs, images, story and/or testimonial, in whole or in part, and without restriction as to changes or alterations. The rights granted herein shall extend in perpetuity, unless revoked in writing to Trainer by me, throughout the world and for any purpose whatsoever, including without limitation for marketing and advertising purposes of Trainer, and in any and all media, including without limitation Trainer's website. I acknowledge that Trainer has no obligation to return any photographs or images to me.

I hereby RELEASE, WAIVE and FOREVER DISCHARGE any and all claims arising out of, or in connection with, such use by Trainer, including without limitation any and all claims for libel or invasion or privacy.

I hereby warrant and represent that I am at least 18 years of age and have the right to contract in my own name. I have read the above Release and am fully familiar with the contents thereof. This Release contains the entire agreement between the parties hereto as to the subject matter contained herein.

_____ Signature _____ Printed Name

_____ Date

Signature Parent/Guardian Signature (If under age of 18) _____

Printed Name Parent/Guardian Printed Name (If under age of 18) _____ Date

Cancellations and sickness

Please be advised that a full cancellation fee will be incurred within 12 hours of cancelling a place on a class or a private session.

_____ Signature _____ Printed Name

_____ Date