



TERMS & CONDITIONS OF PARTICIPATION IN OUTDOOR BOOTCAMP CLASSES

For my safety and the safety and comfort of all participants and staff, I acknowledge that I will not attend the outdoor sessions I have booked if I am experiencing any FEVER, FLU LIKE SYMPTOMS, COUGHS, SORE THROATS or I AM IN SELF ISOLATION OR QUARANTINE, or HAVE BEEN EXPOSED TO A PERSON WITH COVID 19 IN THE LAST 14 DAYS or I HAVE TESTED POSITIVE TO COVID 19 or I AM WAITING ON THE RESULTS OF A COVID 19 TEST. I understand that it is at the Trainers complete discretion to ask me to stop participating in a session, and leave, if I exhibit any signs of sickness, I understand and agree that my temperature may be taken prior to the session, and if deemed feverish, I will be asked to leave and seek medical advice.

I will follow social distancing rules and stay 2m away from other participants and trainers, and use appropriate face covering, towel or tissue, if sneezing etc, and I will vacate the site promptly after the conclusion of the session.

We strongly recommend the use of the Government Covid 19 Tracking app.

I understand that Staff from Dedicated to Fitness and Cityfit are not able to provide me medical advice in regard to medical fitness and the information I acknowledge, regarding my health and wellbeing, I will use to determine the limitations of my ability to exercise, or the requirement to consult my medical practitioner.

Attention: Before you work out....Has your medical practitioner ever told you that you have a heart condition or have you ever suffered a stroke? Do you ever experience unexplained pains or discomfort in your chest at rest or during physical activity/exercise? Do you ever feel faint dizzy or lose balance during physical activity or exercise? Have you had an asthma attack requiring immediate medical attention at any time over the last 12 months? If you have diabetes (type 1 or 2) have you had trouble controlling your blood glucose in the last 3 months? Do you have any diagnosed muscle, bone or joint problems that you have been told could be made worse by participating in physical activity/exercise? Do you have any other medical condition(s) that may make it dangerous for you to participate in physical activity/exercise? If you answer YES to any of this question Please get clearance from your medical practitioner before starting this work out.

I have understood and answered any question regarding my past medical and health status fully. I will not hold liable Dedicated to Fitness and or Cityfit for any injury or loss that may occur whilst I am training with Dedicated to Fitness and or Cityfit or its Employees either on the premises or off site at organised classes or events run by Dedicated to Fitness and or Cityfit. I understand that the activity, that I am ,or any person under the age of 18 that I am the parent of or authorised guardian of , that I and signing on behalf of, are undertaking or participating in may be dangerous and I may be exposed to certain unpredictable risk. I understand that adolescence, younger than 16years of age are not permitted to use weights or weights equipment, with out first having a complimentary session with our Personal Trainer, and following that ,must be supervised by an adult.

I understand that whilst participating in activities with Dedicated to Fitness and or Cityfit, I may be injured physically, mentally or may die; my personal property may be lost or damaged; others participating in activities may cause me injury or may damage my property; I may cause injury to others or damage their property; the conditions in which the activities are conducted may vary without warning; there may be no or inadequate facilities to treat me in the event of injury: there may be no or inadequate transport for me to be moved to a hospital; if an ambulance is called for me I will assume responsibility for any cost associated with the service; I will assume the risk of, and responsibility of, any injury I sustain or inflict, death or property damage resulting from my participation in activity; I agree to these "terms of Participation" detailed, and will follow instructions and all reasonable requests given by Dedicated to Fitness and or Cityfit and its authorised Employees and Trainers.

Having ticked the relevant box on the Booking Page I acknowledge I have read, agree to and fully understand these conditions.