

CHRISTY PILATES WAIVER & RELEASE FORM

Injury

Because Pilates can be subject to risk of injury, ChristyPilates urges you to obtain a physical examination from a doctor before participating in any exercise activity.

You agree that by participating in ChristyPilates' classes, you do so entirely at your own risk.

By registering with ChristyPilates, you certify that you are cognizant of all of the inherent dangers of physical fitness, and the basic safety rules for activities connected herewith.

You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury, illness, or death.

Loss

ChristyPilates is also not responsible for any loss of your personal property.

COVID-19

You agree that you are currently not experiencing COVID 19 symptoms nor have had COVID-19 symptoms in the last 14 days.

You have not travelled outside of Canada or in an area under a travel health advisory in the last 14 days.

You have not provided care or had close contact with any person with COVID-19 or with any person reasonably suspected of having COVID-19 or with any person who travelled outside of Canada in the last 14 days or with any person who travelled in an area under a travel health advisory in the last 14 days.

You represent and warrant that you have not been advised by the Government of Canada or Alberta Public Health or your doctor to self-isolate due to possible exposure to COVID-19.

You are fully aware of the risks and hazards with respect to COVID-19 inherent in your attendance at ChristyPilates classes.

You freely and voluntarily agree to assume the risk with respect to COVID-19, including the risk of death, bodily injury or property damage, regardless of severity, that you may sustain as a result of your participation in ChristyPilates classes, howsoever arising, including, but not limited to, active or passive negligence.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability.

You expressly agree to release and discharge ChristyPilates instructors from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against ChristyPilates instructors for personal injury or property damage.

To the extent that statute or case law does not prohibit releases for negligence, this release is also for negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

Signature:

I, the undersigned, being aware of my own health and physical condition, and having knowledge that my participation in any Pilates program may be injurious to my health, am voluntarily participating in a physical activity. Having such knowledge, I hereby acknowledge this release, for any representatives, agents, and successors, from liability for accidental injury or illness which I may incur as a result of participating in any Pilates program. I hereby assume all risks connected therewith and consent to participate in any Pilates program. I agree to disclose any physical limitations, disabilities, ailments, or impairments which may affect my ability to participate in any Pilates program.

By signing this release, I acknowledge that I understand its content and that this release shall not be modified.

Signed: _____

Printed Name: _____

Date: _____