

Waiver Online Registration

Liability Waiver and Media Release

By registering through this online form, you confirm that you have read, understood, and agree to the following terms.

Acknowledgment of Injury Risk

You understand that participation in physical exercise and training activities involves inherent risks, including but not limited to sprains, strains, fractures, cuts, bruises, spinal injuries, illness, psychological distress, or, in rare cases, serious injury or death.

You have the right to ask for clarification about any exercise and may refuse to perform any activity.

Assumption of Risk

By participating in any class, or by using any equipment or advice provided, you voluntarily assume full responsibility for any injury, illness, damage, or loss that may occur during or after participation. This includes risks arising from the use of equipment or facilities and includes risks resulting from the negligence (active or passive) of the Trainer or affiliated staff.

Liability Waiver

To the fullest extent permitted by law, you release and hold harmless the Trainer, affiliated entities, employees, agents, and representatives from any and all claims arising from your participation, including but not limited to injuries resulting from equipment use, facility conditions, slips or falls, or alleged negligence.

You acknowledge that the Trainer is not a (mental) health worker and that all guidance is based on professional qualifications and experience.

Media Release

Photos or videos may be taken during training sessions and used for social media or marketing purposes. You may request not to be photographed or filmed. You may also request removal of any image or video in which you appear.

By submitting this online registration form, you agree to these terms voluntarily and in full.