



**AGREEMENT and INFORMED CONSENT 2021**

This is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical you read and understand it completely.

**Studio Classes**

I hereby consent to take part in pole dancing classes and activities conducted by 360 Pole Dancing, Bristol.

I agree to abide by all class rules (see below), and follow all instructions given by my instructor.

I understand that the studio is open for arrivals 10 minutes before class start time. There is NO ADMITTANCE to the studio once the published class start time has passed. No refunds/credits will be issued for missed classes due to lateness for any reason.

I understand that I will not be permitted to take part if the instructor believes me to be intoxicated or under the influence of drugs. No refund will be given.

I understand that it is my responsibility to take account of any medical conditions I have before I begin any 360 Pole Dancing Classes. I have notified the instructor of any medical conditions that may affect me during the class. If I sustain an injury during the classes, I will inform the instructor immediately. I understand that all accidents and serious near-misses will be documented.

I understand that if the Instructor requires further information about my illness or disability in order to be included in the activities I will endeavour to make sure this information is available to them.

I understand and acknowledge that pole dance is an inherently dangerous activity and I acknowledge that 360 Pole Dancing has taken every reasonable precaution required to avoid injury to participants. I further acknowledge that despite the precautions taken by 360 Pole Dancing, my participation in any and all activities may result in injury (in addition to this, normal contact with the pole can cause bruising and "pole burn").

I understand that Pole Dancing includes strenuous physical activity including dance movements, pole spins, pole tricks, floor work, flexibility training, and muscular strength and endurance activities. Each session will begin with a warm up and finish off with a cool down, and I understand that it is in my own interest to take part in these.

I understand that all payments to 360 Pole Dancing are non-refundable.

I acknowledge that I understand the inherent risks associated with pole dancing and consent to my participation.

**Class Rules**

Follow the directions of your instructor while in the studio/premises.

Allow the instructor to fully explain and demonstrate moves before attempting them.

Do not attempt any move that you feel is out of your ability.

Do not attempt any move that you have not been instructed in by 360 Pole Dancing. If there are specific moves that you would like to try, please inform your instructor. Do not attempt new moves without the direct supervision of your instructor.

Do not accept instruction from fellow students in class.

Stand clear of the pole when it is not your turn, or when moves are being demonstrated by the instructor.

Do not apply moisturiser, lotion, fake tan or oil to your skin on the day of the class. They can transfer to the pole and make it dangerous for you and also anyone else using the pole. You may be asked to sit out from your class.

Jewellery must be removed. Remove all rings (including wedding rings), watches and bracelets before using the pole.

Wear suitable clothing to all classes. It's best to wear something comfortable, but form-fitting. Shorts are required so your legs can grip the pole.

Inform the instructor immediately if you believe the pole to be loose, or if you have any concerns about it.

Cleaning products will be provided to keep the pole clean. Check the pole before your turn to avoid slipping.

Taking images and video of the instructor is not permitted.

While taking images and video of yourself for progression purposes is permitted, please check with any people that may appear in the background.

Take care of your own belongings, 360 Pole Dancing cannot be held responsible for any items brought to the studio.

No chewing gum.

## **THE LEGAL BIT**

### **Disclaimer:**

You should always consult with your doctor before beginning any type of exercise or physical liability. This form is an important legal document. It explains the risks you are assuming by beginning an exercise program. It is critical you read and understand it completely.

### **Waiver, Informed consent, and covenant not to sue:**

I have volunteered to participate in a class, course, or program under the direction of Robyn Rooke T/A 360 Pole Dancing, sessions include, but may not be limited to: physical activity including dance movements, pole spins, pole tricks, floor work, flexibility training, and muscular strength and endurance activities. I do here release and discharge and hereby hold harmless Robyn Rooke T/A 360 Pole Dancing, and their respective agents, heirs, assigns, contractors and employees from any and all claims, demands, damages, rights or causes of action, present and future, arising out of or connected with my participation in this or any program including any injuries resulting from them. This waiver and release from liability includes, without limitation, injuries which may occur as a result of (1) my use of all amenities and equipment in 360 Pole Dancing Studio and my participation in any activity, class program, personal training or instruction (2) Equipment that may malfunction or break (3) their negligent instruction or supervision (4) any slipping and/ or falling dropping of equipment while in 360 Pole Dancing studio.

### **Assumption of Risk:**

To my best knowledge I am in good physical condition and have no disease, physical limitation, health concern or injury that would be aggravated or would be the cause of any injury sustained, before, during or as a result of my participating in activities related either directly and/ or indirectly to Robyn Rooke T/A 360 Pole Dancing. I recognise that exercise might be difficult and strenuous and there could be dangers inherent in exercise for some individuals. I acknowledge that the possibility of certain unusual physical changes during exercise does exist. These changes include abnormal blood pressure; fainting; disorders in heartbeat; heart attack; and, in rare instances, death. I understand that as a result of my participation in an exercise or other program, I could suffer an injury or physical disorder that could result in my becoming partially or totally disabled and incapable of performing any gainful employment or having a normal social life. I recognise that an examination by a physician should be obtained by all participants prior to involvement in any exercise or physical program. If I have chosen not to obtain a physician's permission prior to beginning this exercise or physical program with Robyn Rooke T/A 360 Pole Dancing, I hereby agree that I am doing so at my own risk. In any event, I acknowledge and agree that I assume the risks associated with any and all activities and/ or exercises in which I participate. I acknowledge and agree that no warranties or representations have been made to me regarding the results I will achieve from this program. I understand that results are individual and may vary. I acknowledge that I have thoroughly read this waiver and release and fully understand that it is a release of liability. I agree that if my class falls on Robyn Rooke's Birthday, 5<sup>th</sup> May, I will bring her Peanut Butter Cups. By checking the box, I am waiving any right I or my successors might have to bring a legal action or assert a claim against Robyn Rooke T/A 360 Pole Dancing, for your negligence or that of your employees, agents, or contractors.