



SPEED | STABILITY | STRENGTH

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By purchasing or subscribing to any of the products or services offered by S3 Health and Fitness, I agree to the following terms and conditions;

- I acknowledge that it is a condition of participating in exercise that I do so at my own risk;
- I accept all risks and hereby indemnify and release S3 Health and Fitness, their instructors, their agents, affiliates, employees, members, sponsors, promoters and any person or body directly and indirectly associated with the trainer, against all liability (including liability for their negligence and the negligence of others) claims, demands, and proceeding arising out of or connected with my participation in this exercise;
- I acknowledge that participating in exercise may involve a risk of serious injury or even death from various causes including, but not exclusive to: over exertion, dehydration, equipment failure and accidents with equipment and surroundings;
- I recognise the difficulties associated with the activity and attest I am physically fit to participate safely in the activity and that a qualified medical practitioner has not advised me otherwise;
- I understand the demanding physical nature of exercise. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in exercise. In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health, the instructor will be immediately informed. By continuing to participate in this exercise, I accept the risks despite these conditions and am still, and will always be under the terms of this agreement;
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- I certify that I am 18 years or older and have read this document and fully understand it;
- OR as a parent / guardian of the participant (a) I agree to the above for myself and on behalf of the participant and (b) I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the exercise on the terms referred to