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## DIGITAL AND PHYSICAL EXERCISE WAIVER

To be agreed by (I) or the parent/guardian of the youth in participation. It is deemed that you have read and consented to participation having read this waiver and followed the necessary procedures where applicable.

I am aware of no health and/or physical condition and having knowledge that my participation in any exercise program may be injurious to my health, am voluntarily participating in a physical activity.

Having such knowledge, I hereby acknowledge this release, any representatives, agents and successors from liability for accidental injury or illness which I may incur as a result of participating in the said physical activity. I hereby assume all risks connected therewith and consent to participate in said program.

I agree to disclose any physical limitations, disabilities, ailments or impairments which may affect my ability to participate in said fitness session prior to participation.

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It is deemed that you have read and consented to the below having read this information and followed the necessary procedures where applicable:

**When exercising at home it is your responsibility to ensure:**

- There is sufficient space to perform the exercises safely and move freely without obstacles or obstruction, free from furniture, equipment, and other hazards.
- To clear the surrounding floor space at home removing any hazards that might increase the risk of slips, trips or falls.
- Any equipment is safe and in a suitable condition for the exercise being performed.
- There are no distractions throughout the duration of the session.
- There is sufficient heating, lighting, ventilation and hydration.
- You observe verbal and visual instructions and advice as Sarah Gatford is not always able to see you.

**When exercising at SgFit Studio:**

- SgFit Studio can accept no liability for personal injury caused by the negligence of another participant, you fail to observe instruction verbally and visually or wear incorrect attire.
- I acknowledge that I am entering SgFit Studio at my own risk and agree to comply with Covid-19 studio guidelines.