



TERMS & CONDITIONS

This is a legal document that affects your rights and is your agreement to participate in Personal/Group Strength, Fitness and Conditioning Training.

The **'Trainer'** refers to the Australian Trust Mollyduke Trust T/A Fitness Forever, an Australian Registered Business. The **'Activity'** refers to the participation in personal/group strength, fitness and conditioning training and general advices.

1. I acknowledge that it is a condition of participating in this activity that I do so at my own risk;
2. I accept all risks and hereby indemnify and release the trainer, their agents, affiliates, employees, members, sponsors, promoters and any person or body directly and indirectly associated with the Trainer, against all liability claims, demands and processing arising out of or connected with my participation in this activity;
3. This release and indemnity continues forever and binds my heirs, successors, executors, personal representatives and assigns;
4. I acknowledge that participating in this activity may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, equipment failure and accidents with equipment and surroundings;
5. 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;
6. I understand the demanding physical nature of this activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. In the event that I become aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in the activity my Trainer will be immediately informed. By continuing to participate in this activity, I accept the risks despite these conditions and am still, and will always be, under the terms of this agreement.
7. I acknowledge that I may use Kettlebells as part of my training program & understand I perform the exercises at my own risk.
8. I certify that I am over 18 years or older and have read this document and fully understand it;
OR
As a parent or guardian of the participant I:-
 - (a) Agree to the above for myself and on behalf of the participant; and
 - (b) Indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity on the terms referred to.

Participants Signature: _____(guardian/parent to sign if under 18 yrs)

Full name: _____ Date: _____

(Please print)

Name of Trainer: _____ Signature: _____