

1. Assumption of Risk

By signing up for and participating in training sessions, classes, or programs with ELITE MOTION COACHING ("the Coach"), I acknowledge that I am voluntarily engaging in physical exercise, including but not limited to strength and conditioning workouts, which carry inherent risks. These risks may include but are not limited to:

- Physical injury (e.g., muscle strains, ligament sprains, fractures)
- Medical conditions that may arise from physical exertion
- Accidents resulting from the use of gym equipment

I understand that participating in any physical exercise program can result in serious injury or even death. I voluntarily assume all risks, whether known or unknown, related to the training or fitness programs provided by the Coach.

2. Medical Disclosure

I confirm that I am in good physical condition and do not suffer from any medical condition, illness, or injury that would prevent or limit my participation in fitness programs. I have consulted with my doctor before starting any exercise program or I assume full responsibility for the decision to engage in physical training without prior medical consultation.

If I develop any health issues or concerns during the program, I will immediately notify the Coach and seek appropriate medical advice.

3. Release of Liability

In consideration of being allowed to participate in fitness sessions, classes, and programs provided by the Coach, I hereby release, discharge, and hold harmless ELITE MOTION COACHING, its trainers, employees, agents, and contractors from any and all claims, demands, and causes of action arising from my participation in the fitness programs or use of gym equipment.

This waiver applies to all claims, including those based on negligence, personal injury, property damage, or wrongful death arising out of or connected with my participation in fitness activities.

4. Use of Equipment

I acknowledge that improper use of gym equipment may result in injury. I agree to follow the instructions provided by the Coach at all times regarding the correct use of gym equipment. I will not use equipment that I am unfamiliar with or feel unprepared to use without supervision.

5. Indemnification

I agree to indemnify and hold harmless ELITE MOTION COACHING from any claims, lawsuits, or damages brought against them as a result of my actions, negligence, or failure to adhere to the Coach's instructions.

6. Personal Responsibility

I acknowledge that it is my responsibility to:

- Follow the training program as prescribed by the Coach and ask questions if I do not understand an exercise or technique.
- Inform the Coach immediately if I experience any discomfort, pain, or unusual symptoms during a workout.
- Refrain from participating in any activity that feels unsafe or beyond my current physical abilities.

7. Cancellation and No-Show Policy

I understand and agree to the cancellation, rescheduling, and no-show policy as outlined in the Terms and Conditions. I am aware that failure to comply with these policies may result in forfeiture of fees paid for the session.

8. Media Release (Optional)

I understand that photographs or videos may be taken during training sessions for marketing or promotional purposes. I consent to the use of my likeness in such media. If I prefer not to be photographed or recorded, I will notify the Coach in writing.

9. Miscellaneous

- This waiver shall be governed by the laws of Western Australia.
- If any provision of this waiver is found to be invalid, illegal, or unenforceable, the remaining provisions will remain in full force and effect.

By signing below, I acknowledge that I have read, understood, and agree to the terms of this Liability Waiver. I confirm that I am at least 18 years of age or have obtained the consent of a legal guardian.

Participant Name: _____

Signature: _____

Date: _____