

QLDC/Alpine Health & Fitness – Gym including group fitness training. Parental/legal guardian consent and waiver

I declare that I am the Parent or legal guardian of the minor detailed above and hereby freely and knowingly accept and agree to the following terms and conditions:

1. Use of the facilities – Use of the facilities is subject to facility protocols. Staff instructions must be followed at all times.

2. Acknowledgement and assumption of risk and injury - I recognise that exercise may involve strenuous physical activity including, but not limited to, muscle strength and endurance training, cardiovascular conditioning and training, and other various fitness activities. I understand that the minor above is participating at their own risk regardless of pre-existing physical or mental conditions or ailments. It is my responsibility and the responsibility of the minor to inform the health or fitness professional supervising of any existing conditions, whether physical or mental, and challenges that may affect participation in exercise (please comment below). I and the minor named understand that any exercise or fitness activity involves risk including but not limited to; slips, trips, falls, injury, abnormal changes in blood pressure, fainting, a risk of heart attack, stroke, other serious disability or death. We are accepting such risks and volunteering to participate with full understanding of the dangers involved. In the event that medical attention is required, I consent to treatment by qualified first aiders on site in the first instance, and if further treatment is required that the minor can be transported to the nearest emergency centre, including by ambulance if necessary.

3. Waiver of liability and indemnification agreement I hereby waive and release QLDC/Alpine Health & Fitness and its successors and assigns, from any and all claims, costs, liability and expense for any injury, loss or damage whether known, anticipated or unanticipated arising from voluntary participation. I understand that qualified health and fitness professionals lead exercise activities, these may be employees or independent contractors. I agree not to hold QLDC/Alpine Health & Fitness responsible for the actions or omissions of employees, independent instructors or other participants.

4. Personal Property – QLDC / Alpine Health & Fitness is not responsible for any loss or damage of personal property.

I hereby certify that I am a Parent or legal guardian of the above named minor and give permission for this minor to participate in physical activities at Alpine Health & Fitness.

I have read and understood every provision of this release and I am legally competent to and freely enter into this waiver, release and assumption of risk agreement on behalf of the minor and myself.