

Pilates Tasmania - Informed Consent Notice

I acknowledge that I may be engaging in physical exercise while attending Pilates Tasmania classes and the use of equipment which Pilates Tasmania utilises for the purpose of teaching exercises, which could cause me injury. I hereby state that I am and will be voluntarily participating in these activities, and I hereby assume all risk of injury, which might result from these activities.

I understand and acknowledge that these are group sessions and that I am responsible for my own health, emotional and overall wellbeing. I acknowledge that group exercise classes may be physically demanding and has been designed to cater for a broad range of capabilities, not solely specific to my own personal needs.

I acknowledge and am aware that the exercises and equipment involved in group sessions could involve the risk of injury and in extreme circumstances, death. I hereby declare myself to be physically sound, without any existing medical condition or injury (other than MS or those declared in writing to Pilates Tasmania prior to the sessions) that would affect my participation in these sessions.

I hereby waive and release any and all claims that I now have or may have against Pilates Tasmania, its employees or agents for any injury sustained as a result of participation in physical exercises and activities.

I hereby acknowledge that I have carefully read this waiver and fully understand that it is a release of liability of Pilates Tasmania and I agree that such a waiver and release is reasonable and proper based on the nature of services provided by Pilates Tasmania. This authorization is ongoing and can only be withdrawn by me in writing.