

Health and Safety Notice and Disclaimer

Pole Fitness can be physically strenuous.

It is unsuitable for people who suffer from serious neck or back problems.
Pole Fitness is a high risk sport and therefore not recommended if you are pregnant.
It is mandatory that any relevant medical condition is stated prior to participation.

Students with little or no dancing experience are welcome, as are experienced dancers

There is no upper age limit. Law of Fitness requests that all students under the age of 18 must have written parental consent.

Please do not consume alcohol before coming to lessons.

When taking up any new sporting activity where friction occurs, some bruising may result. This is possible and likely especially at the beginning when learning pole fitness. You are also likely to experience muscle stiffness/soreness for a few days after taking part in your pole session.

I am aware of the possibility of bruising or injury due to the nature of pole fitness
I do not have a reason to believe that I have any medical conditions which makes pole fitness an unsuitable activity for me.

I am aware that pole fitness is not a suitable activity for anyone that is pregnant. I confirm I am not pregnant. It is your responsibility to inform your instructor if you are or suspect you are pregnant.

I understand that whilst every effort is taken to ensure my safety during the lessons, pole fitness is a sport like any other and there is always a possibility of getting hurt.
I understand that if injuries do occur, it is my responsibility and not the responsibility of Law of Fitness. I will not hold party responsible.

I have read and understood the terms and conditions.

I agree to listen to and abide by the instructions issued by my instructor at all times

I agree not to invert without the supervision and permission of my instructor and before I have learnt spotting and dismount techniques.

All classes must be paid for at time of booking & in advance. Classes can be altered providing 24hrs notice has been given. I understand that if I have not given 24hours notice of non class attendance, I will be charged at the full rate. Classes that are banked must be used within 8 weeks to avoid being forfeited.

Please add transaction fee to your payment if using Paypal business (alternatively BACS incurs no fee)

In the event of low attendance, Law of fitness has the right to merge, alter or cancel classes. Every effort will be made to avoid cancellation, with an alternative class offered. A minimum of 4 weeks' worth of classes will be allocated towards memberships and Law of Fitness reserves the right to not include the 5th week of a calendar month towards banking classes.

Your details are confidential and are for our records only. Please be rest assured that your details will not be passed on to any third parties. They are used by us to ensure the records we hold are up to date and that we can contact you / next of kin in the event of an emergency.

P.T.O.

Full Name:.....

Date of birth:.....

Emergency Contact:.....

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Your mobile no:.....

How did you hear about us:

If under 18, Parent or Legal Guardian signature:.....

By signing this, I declare that I have read and understood the disclaimer :

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