



## Waiver of Liability

### Important Notice

To proceed with your membership, please take a moment to read and acknowledge the waiver terms detailed below.

I understand and acknowledge that the training programmes and events held by M Club Spa and Fitness Ltd. may expose me to many inherent risks, including accidents, injury, illness, or even death. I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

In the absence of any negligence or other breach of duty by us, participation in training, programmes and events held by MCLUB is entirely at your risk.

As a member of M Club Spa and Fitness:

- You must act responsibly and sensibly at all times.
- You must not participate if you are under the influence of alcohol or non-prescription drugs.
- You must follow safety warnings or instructions displayed or given to you by a member of staff. Please ask a member of staff if you are unclear.
- We are not qualified to express an opinion that you are fit to safely participate. You must obtain professional or specialist advice from your doctor before participating.
- You must communicate any physical and psychological concerns that might conflict with your participation in any activity **to a member of staff prior to commencing any activity**

I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity. I acknowledge that I am physically



fit and mentally capable of performing the physical activity I choose to participate in, whether as part of a group exercise class or my own individual training.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and the M Club Spa and Fitness Ltd services to me, I agree, for myself and anyone entitled to act on my behalf, to hold harmless, waive and release M Club Spa and Fitness Ltd, its officers, agents, employees, organisers, representatives and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in M Club Spa and Fitness Ltd training activities or group classes, programmes and/or events.

By ticking the box, I indicate that I have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability, and I voluntarily agree to its terms.