

Participant Waiver

Please ensure you have a drink available during the class and remember to only work within your comfort zone at all times. Please ensure you take regular breaks and have a suitable chair available to rest on or to use as a balance aid.

Participants with pre-existing medical conditions, injuries or disabilities that may affect their ability to participate in the online or in-person physical activity session, should seek medical advice and obtain written confirmation for their suitability to take part, before participating.

Disclaimer:

I voluntarily agree to participate in the activities being provided by Internity. I understand that if for any reason I am unable to or think it unwise, to engage in any activity being suggested by Internity, I am under no obligation to engage in such activity nor will I hold Internity, or its respective agents (i.e., directors, officers, employees, independent contractors, service providers and any third parties acting on its behalf), liable for any damage, injury or harm sustained from choosing to engage in any activity. I also understand that there are unanticipated risks during any activity.

I hereby assume all risks of injury to me and my property, which may be sustained in connection with these activities. I understand that my participation in any activity is at the discretion of Internity. If, in the opinion of Internity, I am unable to continue in an activity for any reason, I may be asked to stop or leave.

Participation in the class/instruction is at your own risk and subject to and governed by English Law and the exclusive jurisdiction of the Courts of England and Wales

By participating in this class or recording, I hereby acknowledge that I have read, understand and agree to this document and that I have had the opportunity to ask Internity any further questions I may have had related to this document prior to my participation.

I also represent that I am of legal age and signing this document of my own free will.

Signed by participant

Date:

Pertaining to all classes and recordings offered by Caroline Williams of Internity.

All relevant certificates of competence and insurance documents are available upon request.

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