

Participant Declaration & Pre-Exercise Waiver

Please read the following carefully. By ticking the box below and proceeding with your booking, you acknowledge and agree that:

I confirm that:

- I am 18 years of age or older, or I have the consent of my parent or legal guardian.
- I have not been advised by a medical practitioner to only undertake medically supervised physical activity.
- I do not have a heart condition or other medical condition that would make participation in physical exercise unsafe.
- I do not experience chest pain during physical activity or at rest.
- I have not experienced dizziness, fainting or loss of consciousness that could affect my ability to exercise safely.
- I do not have uncontrolled high blood pressure or any medical condition requiring medical clearance before participating in exercise.
- I do not have any bone, joint, muscle or other injury that would be aggravated by participating in this activity.
- I am not aware of any medical condition, illness or circumstance that would prevent me from safely participating in this activity.
- If I am pregnant, have recently given birth, or have any medical concerns, I have sought advice from an appropriately qualified healthcare professional before participating.
- I understand that if any of the above statements are not true, I should not participate until I have obtained medical clearance.

Assumption of Risk

I understand that participation in exercise, fitness classes and related physical activities involves inherent risks including, but not limited to, muscle soreness, sprains, strains, falls, cardiovascular events and other injuries.

I voluntarily choose to participate and accept these risks.

Medical Responsibility

I understand it is my responsibility to monitor my own physical condition during the activity and to immediately stop exercising and notify a coach if I experience pain, dizziness, shortness of breath, chest discomfort or any other concerning symptoms.

Liability Waiver

To the extent permitted by Australian law, I acknowledge that I participate at my own risk and release Grill'd Pty Ltd & P.E. Department, its owners, employees, contractors and coaches from liability for any injury, illness, loss or damage arising from my participation, except where caused by negligence or where liability cannot legally be excluded under the Australian Consumer Law.

Consent

☐ I have read, understood and agree to the Participant Declaration & Pre-Exercise Waiver. I confirm that the above statements are true and accurate to the best of my knowledge.