



**AquaStretch™ Course Participation**

**Disclaimer & Informed Consent**

**Disclaimer:** AquaStretch™, its Instructors, Facilitators, and Hosting Facility accept no responsibility for any damages, injuries, or consequences resulting from the actions of people, including AquaStretch™ Course Instructors and Trainees engaged in the AquaStretch™ training, or practicing AquaStretch™ techniques, however caused. **Individuals participating in the AquaStretch™ training course and / or using AquaStretch™ Procedures and Techniques now or in future, do so at their own risk.**

**Informed Consent:** I, (print your full name) \_\_\_\_\_ acknowledge that there is the risk of injury or death associated with participating in physical activity including AquaStretch™ training, and I assume all such risks. I release all AquaStretch™, Instructors, Facilitators, Course Trainees from any liability for damages or claims arising out of any injury sustained by myself during or following participation in any AquaStretch™ training course, (hereafter, called 'event'), whether or not the Instructors, Facilitators, Trainees in this event are negligent.

I acknowledge and accept full responsibility for my participation and actions during this AquaStretch™ training event.

- ♦ **By reading this, I am being informed, and am aware that AquaStretch™ procedures, including the use of equipment, involve a risk of injury, and that I am voluntarily participating in these activities and using equipment at my own risk.**
- ♦ I agree that if I feel light headed, dizzy, nauseous, or experience pain or discomfort at any time during the AquaStretch™ training event, I will immediately inform anyone working with me, including the AquaStretch™ Course Instructor, and will stop the activity immediately.
- ♦ **I agree to inform the Instructor/ my fellow Trainees at any time while participating in the AquaStretch™ training event of any existing conditions or changes in my health that might affect my ability to participate safely and with minimal risk of injury.**
- ♦ I understand that I am not obliged to perform or participate in any activity prescribed by the Instructor and / or my fellow Trainees unless I wish to do so. I know that I have the right at any time to decline or stop participation in any AquaStretch™ procedure, or demonstration at the training event.
- ♦ I understand that videos and / or still pictures containing my image during my training experience with the AquaStretch™ program may be used in future AquaStretch™ literature, training courses, promotional materials and manuals. I grant my consent for the use of all such imagery in this professional context.

**I acknowledge that I have read and fully understand the Disclaimer and Informed Consent presented on this page. My signature indicates my agreement with all terms and conditions stated here.**

\_\_\_\_\_  
**Signature**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Witness**

\_\_\_\_\_  
**Date**