



## **Adult Ballet Disclaimer**

### **Participants of this and future Adult Ballet Classes with Victoria Walker Dance and Love Dance classes or events agree and acknowledge the following:**

- 1) Participant agrees to abide by all rules and regulations of the facility and in use of equipment, facilities and services.
- 2) Participant agrees that s/he is physically, mentally and emotionally able to use the equipment, facilities and to participate in the exercise and fitness activities offered. Participation shall be undertaken at his/her own risk, and the instructor(s) shall not be liable to the participant for any claims of injury, damage or causes of action to person, property arising out of or connected with participation in Adult Ballet and/or the use of these facilities. Participant also agrees and covenants to indemnify and hold harmless the instructor(s) from all such claims, demands, injuries, damages or causes of action in law or equity which may arise directly or indirectly out of said participation in this activity and the use of these facilities.
- 3) Participant agrees and understands that injury may occur as a result of participation in Adult Ballet and hereby releases the instructor(s) from any liability now or in the future including, but not limited to, heart attacks, muscle strain, pulls or tears, broken bones, shin splints, heat prostration, knee, lower back, or foot injuries, and any other illness, soreness or injury however caused, occurring during or after participation in this class.
- 4) Participant understands that modification of exercise is his/her responsibility and agrees not to participate in any activity that is uncomfortable or too strenuous for his/her fitness level. Participant understands it is his/her responsibility to consult with a physician prior to and regarding participation in this class.
- 5) Participant further relieves and hereby agrees to hold harmless the instructor(s), the facilities and any of their subsidiaries or affiliates from any and all claims or liability arising out of the use of information such as interview/ photograph/ videotape/film and subsequent publication or broadcast.
- 6) Participant takes full responsibility for dancing in their own space at home in the event of online classes and understands to create a safe environment.