

RISK ACKNOWLEDGEMENT AND DISCLAIMER

1. Please review and sign or agree to the online 'tick box' the disclaimer for all participants in the Bitesize Bootcamp sessions (the "**Sessions**") organised by Bitesize Bootcamp Limited ("**BBL**"). You must be the parent or legal guardian of the participant or where you are not the parent / guardian of that person you certify that the parent/s / guardians of that person have granted permission for you to assume responsibility for the participant.

This is a legally binding document. Do not sign it unless you wish to be bound by its terms.

In consideration and as a condition of being allowed to participate in the Sessions you hereby acknowledge and agree to the following:

- 1.1 You are a competent adult aged 18 years or older.
- 1.2 If this disclaimer is signed by you on behalf of a child who is under the age of 18 years you confirm that child's name and age as set out below is correct and that you are the parent / guardian of that child or where you are not the parent / guardian of that child you confirm that the parent/s or guardian/s of that child have granted permission for you to assume responsibility for that child ("**Responsible Adult**") and for you to have the right to sign this disclaimer and release of liability agreement on their behalf.
2. You acknowledge and agree that this disclaimer will be used by BBL and will govern yours and the participant's actions and responsibilities whilst participating in the Sessions.
3. You acknowledge and agree that the participant's involvement and/or participation in the Sessions is voluntary, and you and the participant are acting under your respective own free will.
4. You acknowledge and agree that participation in the Sessions will be physically demanding (and may include strength training, running, agility drills, jumping, cardiovascular activities, obstacle training, boxercise, mega band, flexibility training, development of gymnastic strength skills, use of gym equipment for technique development) and that there is a risk of injury as result of participating in the Sessions. You also acknowledge that such risks cannot be eliminated entirely without jeopardising the essential qualities of the Sessions and that while particular rules, equipment and self-discipline may reduce the risks, the risk of injury does still exist.
5. You acknowledge and agree that there is potential for risks and dangers that may not be obvious or reasonably foreseeable at this time.
6. You agree to accept and assume such risks of the participant participating in the Sessions.
7. To reduce the risks you agree to follow the rules established for participation in the Sessions and notified to you from time to time, and all instructions given to you and the participants by BBL before and during your participation in the Sessions.
8. You confirm that you have read (and/or have had read to you), understand and will follow the rules established for participation in the Sessions and the reasonable instructions given to you by BBL.
9. You confirm that the participant named below does not have any medical conditions or health concerns that make it dangerous to participate in the Sessions in a safe manner for the participant.
10. You accept sole responsibility for the named participant's own conduct and actions whilst participating in the Sessions.
11. You agree, to the full extent permitted by law, to waive, release, and discharge BBL (including its agents, contractors and volunteers) from any and all liability and any loss or damage to property which may arise as a result of the participant participating in the Sessions. Nothing in this disclaimer shall operate to limit or restrict BBL's liability for death or personal injury arising from BBL's negligence, or breach of contract, or breach of statutory duty.
12. You consent to the participant receiving medical treatment that may be deemed advisable in the event of injury, accident, and/or illness as a result of participating in the Sessions.
13. You understand that this disclaimer, release of liability and image release is intended to be as broad and inclusive as permitted by the laws of England and Wales and agree that if any part/s of this disclaimer are held invalid the remainder will continue in full force and effect.
14. You agree that this disclaimer is governed by the laws of England and Wales and that the venue for any legal proceedings shall be the courts of England and Wales.

15. COVID -19

I agree that I will attend our session or club in accordance with the instructions given in the COVID-19 Bond Agreement, waiver and Guidance detailed in the Important Documents at all times whilst at our venue (s).

COVID-19 Statement

Bitesize takes the wellbeing of all Staff and Customers seriously. Following COVID-19 we have carried out several changes within our business and meet all regulatory guidelines. For further information on what we are doing to help reduce the risk of transmission please ask a member of our Team or visit: <https://www.bitesize-bootcamp.com/important-info>

If you or any member of your household or bubble has shown COVID-19 Symptoms within the last 7 days you must not attend our premises and follow Government Guidelines. Refunds will not be given if you ignore this agreement and participate. If symptoms occur before the booking, Bitesize will provide a discount code for a new booking to be used in the future once fit and well again.

YOU HEREBY CERTIFY THAT YOU HAVE READ THIS DOCUMENT AND FULLY UNDERSTAND ITS CONTENT.

BY SIGNING YOUR NAME BELOW OR SELECTING THE ONLINE TICK BOX YOU ARE ACKNOWLEDGING AND AGREEING THAT YOU FULLY UNDERSTAND THE INHERENT RISKS OF THE SESSIONS AND AGREE TO THE TERMS OF THIS DISCLAIMER.

Signed by:

Print name:

Parent / Guardian / Other (delete as appropriate)

Participant's name:

Participant's age: