

Lucie Bee
Fitness

Name:

Email:

Emergency Contact & Phone No.: Relationship:

Have you practiced Yoga / Breathwork / Barre / Meditation / Ice Baths / Bootcamps before? Y / N If YES, what experience do you have?

From time to time I may send an update with future class dates, would you like to join the mailing list? Y / N

General Health

Do you have any medical conditions? Please provide details. Arthritis, Osteoporosis, High BP, Low BP, Epilepsy,

Pregnancy, Recent Surgery, Irregular heartbeat or palpitations, Asthma, Lightheadedness, Faint, Other:

Physical injuries / Disabilities / Ailments / Joint or Muscle Pain: Are there any areas of concern with your body? Please provide details.

Release & Waiver liability: Please read carefully.

The practice of Yoga involves physical activity (Asana), breathing exercises (Pranayama) and meditation. The practice of Barre involves low impact movements involving the whole body, combining elements of Yoga, Pilates, Ballet and strength training. The practice of Breathwork involves both activating/energising and relaxing/down regulating breathing exercises also including breath holds. The practice of Bootcamps involves both low impact and high impact exercises options working the full body. As with all physical activity, the risk of injury, even serious or disabling is always present and cannot be entirely eliminated. During the session, the organiser/teacher will provide verbal cues inviting you to move and breathe in a particular way, these cues are guidelines only. You should always work to your own ability. I agree to observe and obey all posted rules and warnings and further agree to follow any oral instructions or directions given by Lucie Bee Fitness. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the organiser/teacher. I declare that I will always apply the techniques taught, including but not limited to breathing exercises and physical exercises, in a safe environment (e.g. sitting on a sofa/floor) and unforced. I will never practice the breathing techniques before or during diving, driving, swimming, taking a bath or any other environment/place where it might be dangerous to faint. I understand that breathing exercises have a profound effect and should be practiced in the way they are explained.

It is your responsibility to consult your GP before beginning any session with Lucie Bee Fitness and seek medical consent where necessary. It is also your responsibility to notify the organiser/teacher of any injury or ailment (recent or ongoing) prior to every class. The sessions may at times be challenging but should never be painful. If at any time you believe something is unsafe for you, or that you are unable to participate due to physical injury or a medical condition, you should stop what you are doing and notify the organiser/teacher immediately. By signing your name below, you confirm that you acknowledge and agree to the terms contained in this waiver of liability statement. You are aware of (and assume) the risks and hazards of participating in any session/class/retreat/workshop and agree to assume full responsibility for any injuries, physically or mentally, and/or damages, which you may incur as a result of your voluntary participation. I recognise that severe injuries, including permanent paralysis or death can occur in sports, activities or physical exercises involving height or motion, the activities including but not limited to yoga, barre, breathwork, meditation, bootcamps, training routines/exposure with ice/cold/heat, walking, running, swimming and hiking,

and may be caused by terrain, facilities, temperature, extreme cold, ice baths, weather conditions, condition of participants, varying conditions, equipment, breathing exercises, lack of hydration or other factors. Potential injuries include but are not limited to heart failure, loss of consciousness, and stroke and may be caused by any of the above factors listed. I agree to release and discharge Lucie Bee Fitness and any of its employees, volunteers and supervisors from any injuries sustained by me as a result of participation in the session/class/retreat/workshop. There may be no or inadequate facilities for treatment or transport in case of an accident and/or injury. I acknowledge and understand that while participating my personal property is my own responsibility and may be lost, damaged or stolen at no responsibility to Lucie Bee Fitness or any of its employees, volunteers and supervisors. Other participants may cause injury to me or may damage my property, I may cause injury to other persons or damage their property. I assume the risk of and responsibility, and I agree to indemnify and hold harmless Lucie Bee Fitness and any of its employees, volunteers and supervisors, against any liability incurred as a result of such injury, disability, death or loss or damage to a person or property that may occur as a result of my participation. The undersigned agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of myself. I agree to indemnify and defend Lucie Bee Fitness against all claims, causes of action, damages, judgments, costs or expenses, including attorney fees and other litigation costs, which may in any way arise from my use of the facilities made available by Lucie Bee Fitness.

Lucie Bee Fitness may wish to take photographs and videos of activities during sessions to include in various areas such as website, educational materials, publications, and advertisements and social media. Photos sometimes include classes of students engaged in exercise activities. By signing this release form you are granting permission for Lucie Bee Fitness, its representatives and employees the right to take photographs and videos of sessions/classes/retreats/workshops and authorise Lucie Bee Fitness to copyright, use and publish, in print and/or electronically for any lawful purpose, including publicity, illustration, advertising and web content.

I HAVE READ THIS RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Please tick to confirm that you have read the Student Information Sheet (below) including GDPR policy:

Student Name (CAPITALS): _____

Signature: _____ **Date:** _____

Student Information Sheet

Thank you for signing up to a Class/Session/Retreat/Workshop with Lucie Bee Fitness.

To achieve maximum enjoyment from your session, please read the FAQs below:

What to Wear:

Please wear something comfortable, gym kit or similar is ideal. Avoid loose clothing that may restrict your vision when bending forward. Avoid clothing that is restrictive if you are taking part in Breathwork.

What to Bring:

You will be required to bring a yoga/exercise mat with you to each class. Other useful items to bring include: Bottle of water, Medication (e.g. Inhaler if Asthmatic), Jumper/Scarf (or something cosy) for relaxation in Yoga/Breathwork. If you are attending a Barre session you're welcome to bring light dumbbells and a resistance band to add additional resistance to make it even more challenging.

How to Prepare:

It is advisable not to eat a heavy meal before attending class. As a guideline, allow 2 hours after a light snack or 4 hours after a heavy meal. Drink plenty of water, come hydrated.

Punctuality:

The session will start promptly at the specified time.

Injuries and contraindications:

If you have any medical concerns, are suffering with an injury or medical condition, it is imperative that you seek advice from your GP or healthcare practitioner BEFORE attending a session. If you have an injury or illness, there may be some activities/exercises that need to be modified or avoided. Please seek advice from your organiser/teacher before the session starts. It is your responsibility to notify the organiser/teacher of any injuries (new or ongoing) before every session. Always work to your own ability and respect the limitations of your body.

Bookings & Cancellations:

If for any reason you cannot attend the session, please do make me aware before the start time so that we can start promptly and not need to wait. You can send me an email to advise lucieb.fit@gmail.com

Payment:

Payment will be collected online by booking your space in advance through the website www.luciebee-fitness.com

General Data Protection Regulation (GDPR) Policy:

Your personal data will be held securely and will never knowingly be shared with a third party. Your data will be used respectfully to communicate essential information relating to the class.

Thank you for reading and I look forward to working with you!

Lucie
Lucie Bee Fitness
lucieb.fit@gmail.com