



Disclaimer

I understand that I should consult my GP before undertaking any new exercise or dietary program.

I understand that there is always a risk of injury when participating in physical exercise and using the facilities provided by Jamie Baker Fitness.

I hereby assume full responsibility for my own health, safety and personal belongings while training at Jamie Baker Fitness. I understand that any injury, loss or damage that may occur on the premises of Jamie Baker Fitness are my own responsibility. I hereby waive all claims against Jamie Baker Fitness for any and all injuries, claims or damages that I may incur.

Whilst every effort will be made to provide a safe environment, Jamie Baker Fitness is not liable for any injury, loss or damage that may occur on or near the premises.

DATE

PARTICIPANT SIGNATURE

PRINT NAME
