



## Legal Disclaimer

by Rachelle Ballard-Clayton, Last updated May 26<sup>th</sup> 2018

This blog provides general information and discussion about medicine, health and related subjects. The words and other content provided in this blog, and in any linked materials, are not intended and should not be construed as medical advice. If the reader or any other person has a medical concern, he or she should consult with an appropriately licensed physician or other health care worker.

Never disregard professional medical advice or delay in seeking it because of something you have read on this blog or in any linked materials. If you think you may have a medical emergency, call your doctor or 000 immediately.

The views expressed on this blog and website have no relation to those of any academic, hospital, practice or other institution with which the authors are affiliated.

MEEACTIVE

**DISCLAIMER: Warning, this is a legal document that affects your rights**

Agreement for participating in Personal / Group Strength, Fitness and Conditioning Training The 'Trainer' refers to the Australian Registered Business

'MEE Personal Training and Health Coach'

The 'Activity' refers to the participation in personal / group strength, fitness and conditioning training and general advices.

- I acknowledge that it is a condition of participating in this activity that I do so at my own risk
- I accept all risks and hereby indemnify and release the trainer, their agents, affiliates, employees, members, sponsors, promoters and any person or body directly and indirectly associated with the trainer, against all liability (including liability for their negligence and the negligence of others) claims, demands

and proceedings arising out of or connected with my participation in this activity

- This release and indemnity continues forever and binds my heirs, successors, executors, personal representatives and assigns
- I acknowledge that participating in this activity may involve a risk of serious injury or even death from various causes including: over exertion, dehydration, equipment failure and accidents with equipment and surroundings
- I recognise the difficulties associated with the activity and attest I am physically fit to participate safely in the activity and that a qualified medical practitioner has not advised me otherwise
- I understand the demanding physical nature of this activity. I am not aware of any medical condition, injury or impairment that will be detrimental to my health if I participate in this activity. In the event that I become aware of any medical condition, injury or impairment that may be detrimental to my health if I participate in this activity my Trainer will be immediately informed. By continuing to participate in this activity, I accept the risks despite these conditions and still, and will always be under the terms of this agreement.
- I certify that I am 18 years or older and have read this document and fully understand it or As a parent or guardian of the participant, I agree to the above for myself and on behalf of the participant and I indemnify and will keep indemnified any person or body directly or indirectly associated with the conduct of the activity or the terms referred to.