



**BRIDGEHAM**  
OSTEOPATHY · PILATES · GARUDA · WELLBEING

## **COVID 19 release waiver & Online waiver**

I/We hereby understand and acknowledge that the in person or online webinar/ class/treatment/assessment 'How to go from Broken to Brilliant and Beyond TM' held by Bridgeham Pilates Partners may expose me to many inherent risks, including accidents, injury, illness, or even death.

I assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me during my participation of in this treatment/webinar as well as on the replay.

I hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity.

I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and the Bridgeham Team furnishing their services to me, I agree, for myself and anyone entitled to act on my behalf, to HOLD HARMLESS, WAIVE AND RELEASE with Bridgeham Pilates Partners, its practitioners, instructors, administrators, coaches, agents, employees, organisers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the training, programs, Pilates/movement classes, treatments, recommendation sessions and/or events.

By my signature I indicate that I have read, and I understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

**Participant's Name:** \_\_\_\_\_

**Participant's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_