



Informed Consent - Liability Waiver

In consideration of being allowed to participate in the activities of Innate-Strength under the direction of its instructors and coaches and to use the facilities and equipment managed/owned/rented by the Innate Strength instructors and/or under the control of the organisers of Innate-Strength, in addition to the payment of any fee or charge, I do hereby waive release and forever discharge Innate-Strength and its organisers from any and all responsibilities or liability for injuries resulting from my participation of activities or use of the above equipment during an Innate-Strength session.

I understand and am aware that breathing, thermoregulation, strength, flexibility and aerobic exercise, including the use of equipment, in the outdoors, in water or assigned training areas, are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death, and I am voluntarily participating in these activities and using equipment and facilities with the knowledge of the dangers involved. I hereby agree to expressly assume and accept all and any risks of injury or death.

I am aware that I have the right to request advice from Innate-Strength instructors, in relation to the activities and exercise being undertaken with particular regard to my health and clothing. If I choose not to take advice or disregard any advice given, I do so voluntarily and accept liability for all resulting injuries and damage. I hereby declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness that would prevent my participation or use of equipment or facilities except as herein stated. I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in activity and utilisation of equipment and machinery in my activities.

In addition, Innate-Strength and its organisers cannot accept responsibility for items lost during training sessions or left in the bag of the instructor. I am aware that no discount or refund shall be given to me under any circumstances. I have read the Innate-Strength website and accept the Rules and Regulations that are outlined. I hereby declare myself to be physically sound and healthy prior to training. I also declare that I am not taking part in any Innate-Strength activity under the influence of alcohol or other inebriating substances.

I agree to fully disclose to us in writing any specific health situation and physical or mental health issues or any medications, herbs or supplements I am currently taking prior to the start of using any aspect of our website, programs, workshops, products or services, whether provided by us or affiliated with us.

Print name: _____

Signed: _____

Privacy Policy



We use photography and videography at our training, events and workshops for marketing purposes. We may also ask you to record a testimonial of your experience. The recorded images and videos are used on our website, social media platforms, brochures and marketing materials. Your image may be captured during these recordings.

I hereby give consent to have my image and name recorded for marketing purposes by “Innate-Strength”.

Print name: _____

Signed: _____