

FEEL GOOD PROGRAM

'TERMS AND CONDITIONS OF ENTRY'

- By participating in the Feel Good Program (the **Program**) you acknowledge that South Bank Corporation and its contracted instructors take all reasonable steps to provide you with safe and enjoyable fitness and wellness classes available through the Program.
- By participating in the **Program**, you acknowledge that certain inherent risks exist in relation to your participation. You acknowledge that you fully understand these risks and participate freely and accept any risks involved.
- All contracted instructors delivering the **Program** hold appropriate and current qualifications and are qualified to teach the relevant fitness class. By participating you agree to indemnify, and will hold harmless, South Bank Corporation, including its contracted instructors, from any claims and/or liabilities associated with your participation in the **Program** caused to or by you.
- You acknowledge you are physically and mentally capable of participating in the Program and you agree that you will immediately discontinue any exercise that causes you pain, severe discomfort, nausea, dizziness, or shortness of breath and consult a medical practitioner.
- All persons under 18 years of age are not able to participate in the **Program** without supervision of a parent or guardian.
- By participating in the **Program**, you agree that, if you have been pregnant, you are at least 6 weeks post-partum (natural birth) or at least 12 weeks post-partum (caesarian) and have medical clearance to exercise; or if you are currently pregnant, you agree that you have obtained medical clearance to exercise.
- By participating in the **Program**, you acknowledge that all information provided to South Bank Corporation or its contracted instructors as part of the **Program**, either virtually or in person, is for informational purposes only and is not intended to offer any medical advice, or replace the recommendations of your Doctor, Midwife, Physical Therapist or other healthcare provider .