



North Pole Dance, Inc.
1170 Sheppard Ave. W., Unit #41
North York, M3K 2A3
<https://northpole.dance>

Health and Safety Notice and Disclaimer

YOU MUST FILL OUT THIS FORM TO BE ADMITTED TO ANY NORTH POLE DANCE, INC. PROGRAMS AND/OR TO USE THIS STUDIO'S EQUIPMENT. PLEASE CAREFULLY READ AND COMPLETE IT BEFORE THE BEGINNING OF YOUR FIRST CLASS.

Pole Dancing, Yoga and the other activities we offer are all fantastic full-body workouts. Your health and safety are very important to us. Please consider the following aspects carefully:

NAME: _____

AGE

If you are under 18 years old, your parents/guardians will be required to sign this Health and Safety form on your behalf. You will be required to present your ID. Please select the appropriate statement from the following:

- I am 18 years old or older. OR I am younger than 18, my parent/guardian signs for me.

GENERAL HEALTH

Like many other sports activities, pole dancing and other activities at North Pole Dance, Inc. can be physically strenuous. These classes are not recommended for people who suffer from neck and/or back problems. When taking up any new physical activity, some bruising is possible and likely, especially for beginners who chose to learn pole dancing. It might take some time for your body to adapt to new exercises. Like any physical activity, our classes may result in injury, and while our instructors are trained in safe class facilitation and aim to provide a safe environment, we cannot guarantee that no injuries will occur. We strongly recommend that you consult your physician before starting any of our classes about whether or not our program is right for you. Ensuring that your state of health allows you to join our classes is entirely your responsibility. All medical expenses incurred from a class-related injury are full responsibility of a participant. Please confirm **BOTH** statements below:

- YES, I am aware of the possibility of bruising or injury due to the nature of pole dancing/yoga/other physical activities. I don't have any medical conditions which makes the classes of my choice unsuitable for me.
- YES, I understand, that whilst every effort is taken to ensure my safety during the classes, there is always a possibility of getting hurt, like in any other sports. I understand, that if injuries do occur, it is my responsibility and not the responsibility of North Pole Dance, Inc. or its instructors.

PREGNANCY

Pole dancing is NOT suitable for pregnant women. Yoga and other activities outside of pole dancing can be a safe choice for a pregnant woman, however we strongly recommend you consult your physician before beginning any physically tasking activity. Select the appropriate statement from the following:

- NO, I am not pregnant. Should I become pregnant, I will stop participating in pole dancing classes for the duration of my pregnancy.
- OR
- YES, I am pregnant now. I understand that I will not be admitted to pole dancing classes until the end of my pregnancy for my own safety. Any other classes I chose at North Pole Dance, Inc., I chose responsibly after consulting my physician. I understand that making safe choices is my responsibility.

NEW TO POLE DANCING/YOGA/OTHER ACTIVITIES

We welcome participants with little or no experience as well as experienced dancers/yogis. If you are a beginner, it is necessary to follow the instructions and not to try new things on your own. Any new exercise, if attempted without proper instruction, can result in injury. Select the appropriate statement from the following:

YES, I am a beginner. I understand, it is critical to follow instructions. I will not try any new exercises without instructions/supervision. I will only attempt inversions when supervised, and I'll use a mat.

OR

NO, I am not a beginner. I am experienced in the activities in classes of my choice. I understand, that my safety is my full responsibility. I will only attempt inversions when supervised, and I'll use a mat.

IMPARED PARTICIPATION

It is unsafe to participate in pole dancing/yoga/other activities while under the influence of alcohol, drugs or any other substances. Please confirm the following statement:

YES, I commit to not consuming alcohol, drugs or other substances before the classes.

MEDICAL EMERGENCIES

In the unlikely event of a medical emergency we will use our best judgement as to getting help the fastest way possible. Please confirm the following statement:

YES, I authorize the instructors and other staff of North Pole Dance, Inc. to act for me according to their best judgement in any emergency requiring medical attention.

PERSONAL BELONGINGS

North Pole Dance, Inc. regrets that we cannot accept any responsibility for your personal belongings while on our premises, included but not limited to: your car, any valuables in your car, your clothes, and other valuables you brought with you. Please confirm the following statement:

YES, I understand that securing my belongings is my own responsibility.

WAIVER

Please confirm **BOTH** statements below:

YES, I acknowledge that I have read this Health and Safety Notice and Disclaimer, I understood it and sign it voluntarily as my own free act and deed; no oral representations, statements or inducements, apart from this agreement have been made, and I execute this release for full, adequate and complete consideration fully intending to be bound by it.

YES, I hereby release, wave, discharge and covenant not to sue North Pole Dance, Inc. and its instructors and other personnel from any and all liability, claims, demands, actions and causes of action whatsoever arising out of related to any loss, damage, or injury, including death, that may be sustained by me, or to any property belonging to me, while participating in physical activity, or while on or upon the premises where the classes are being conducted.

Signature: _____

Witness Signature: _____

Print Name: _____

Witness Name: _____

Today's Date: _____

Today's Date: _____