

## **DISCLAIMER FOR DANCE POSITIVE PARTICIPATION**

I'm signing this disclaimer to state I'm aware that by participating in all dance events with Helen Brown that I agree to assume full responsibility for any risks, injuries or damages, known or unknown, which might occur as a result of participation.

I acknowledge that participants should consult a GP before undertaking exercise. By taking part in the event, I agree that I am physically fit and have no medical condition that would prevent my safe participation. I agree to inform Helen if I have any health or injury concerns before each class.

I acknowledge the venue rules: I will sign in at reception on arrival and at the sound of any fire alarm I will exit the door I used to enter the room and follow the exit signs.

I'm aware of the safer space policy and agree to abide by it: [<http://bit.ly/saferpolicy>]. I know that at the sound of any fire alarm I will leave by the same exit and stairs I came in from and will muster in front of the building.

**Signed:** \_\_\_\_\_

**Print name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

If you'd like to join Helen's very rarely-used and easily unsubscribed mailing list for news of new classes or special offers, leave your email address here. Your email will be stored on this document – kept for insurance reasons - and in a Mailchimp (online email marketing app) list, but won't ever be shared with third parties. You'll be able to opt out through an unsubscribe button at the bottom of anything I send, or by contacting me through the Dance Positive website.

Email: \_\_\_\_\_