

# **Online disclaimer and Informed Consent**

**Thank you for joining Sara's Classes Online Sessions, whether livestreamed or recorded. You are engaging in this activity at your own risk. By participating, you agree to waive all liability for any injury to yourself, to others or to property.**

*"I am aware of my own health and physical condition and know that my participation in any exercise program could cause injury or affect my health. I am aware of the risks and benefits of exercises and am voluntarily participating in Sara's sessions.*

*I hereby release the instructor, Sara McGaughey, from liability for accidental injury or illness which I may incur as a result of participating in Sara's classes. I hereby assume all risks connected with Sara's fitness sessions and consent to participate in the programme."*

**Before you take part in the sessions please follow these guidelines so that you can best enjoy the experience :-**

**Safe space - Prepare a suitable space to move by removing any obstacles around you and having an even floor.**

**Ability – You are the best judge of your ability, so work within this knowledge – I will guide the session and make suggestions, however you must choose how far to take the movement outside of your comfort zone to ensure you do not injure yourself. You are in control.**

**Clothing – Remove any jewellery that may cause harm when moving and wear loose, comfortable clothing suitable for the activity.**

**Questions – If you have any questions, please email [info@sarasclasses.co.uk](mailto:info@sarasclasses.co.uk)**

**This session is copyrighted to Sara McGaughey and is not to be recorded or rebroadcast in any format.**

**Thank you,**

**Sara McGaughey**