



the national governing body for group exercise

Online and Video Content Disclaimers



Live online classes

Group exercise instructors delivering live classes online will need to ensure that all participants fill out a Par Q prior to attending a class. A disclaimer will be included in the PAR-Q form or sent at this time, within the booking confirmation email.

Video content

You are required to add an additional disclaimer at the front of your video content. Below are 2 samples of acceptable disclaimers. Instructors should submit a copy to their insurance company to for check the validity.

■ Example of a short disclaimer:

As with all exercise programs, you are advised to consult with a medical practitioner/GP before commencing any new fitness programs and to stop immediately and seek medical advice if you experience any discomfort or pain.

By performing any fitness exercises, you are performing them at your own risk.

[Name of company/instructor] will not be responsible or liable for any injury or harm you sustain as a result of our fitness program, online fitness videos, or information shared on our website.

■ Example of a full disclaimer:

(Name of business or instructor) classes are designed to help you reach your health and fitness goals.

Information provided through **(Name of company/instructor)** does not purport to be and must not be taken as medical advice, therefore, before starting any exercise regime you should consider consulting your doctor, especially if you have any medical condition(s) or are taking medication, are pregnant or have any related concerns. If you have asthma, diabetes, a heart condition, growth condition, recovering from Covid or have experienced chest pains or dizziness in the last month, we strongly advise you NOT to participate in any of the live or video-on-demand classes, activities and any other products and/or services which are provided by third party trainers via our classes (the "Session(s)"). By using the **(Name of company/instructor)** classes, you recognise that there is always an element of risk involved with any physical activity and your attendance at or participation in any Session is solely at your own risk. If at any time during a Session you feel discomfort or pain, you should cease the exercise and seek medical assistance as required. Your participation in these Sessions are entirely voluntary and you may opt out at any given time if you so wish.

You agree that **(Name of Company/instructor)** will not be liable to you and/or any third party for or in connection with:

1. losses not caused by our breach of these terms and conditions; (ensure you have a set of Terms and Conditions as an Instructor) or
2. any consequential or incidental losses which are a side effect of the main loss or damage and not reasonably foreseeable by us and you at the time of entering these terms and conditions.

[Name of company/instructor] and its affiliates do not exclude or limit in any way its liability for:

1. death or personal injury caused by our negligence
2. fraud or fraudulent misrepresentation; and
3. breach of the terms implied by applicable consumer protection legislation in England and Wales (to the extent they cannot be excluded by law).

[Name of company/instructor] cannot accept any liability for the actions of third-party trainers or any breach by them of the terms of their service to you. **[Name of company/instructor]** will not be liable for any injury, loss, claim, damage or any special, exemplary, punitive, indirect or consequential damages of any kind, which arises out of or is in any way connected with your attendance at or participation in any Session.

On commencement of all online, recorded and live classes, instructors should verbally state the following:

- Ensure the area around you is clear and safe with clear floor area, no overhanging lights, or sharp edges of furniture
- Wear appropriate clothing for the activity.
- Pin instructor video to screen and ensure your camera is positioned in a place so the instructor can see you during the class.
- All animals or children are outside the exercise area
- If you are feeling unwell at any time during the class, please stop immediately.
- Ensure your room is well ventilated