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| **Bury Physio-Pilates Live Consent Form**   |
|  **Name:**  | DoB  |
|  |  |
| Home tel: Work tel (if applicable): Mobile: E-mail: (if you are happy for us to contact you by email):  |
| GP: Name   Surgery:  |
| **Consent to participate in the Live Stream Pilates classes** To take part in our Live stream online Pilates classes, we require all participants to agree to the below precautionary rules and our disclaimer. These rules are in place for health and safety reasons. Please ensure you are exercising in a clear space to carry out movements safely and move anything fragile, valuable or obstructive items out of the way to avoid injury or damage and ensure the floor surface is safe so you do not slip. Please wear suitable clothing when exercising so you are comfortable when moving around. We advise you wear socks with grips for extra safety when exercising. Please keep hydrated when exercising by having a bottle or water near you but keep any liquids at a safe distance away. Always ensure you notify a parent/ guardian or carer or someone in your household that you are exercising, especially if exercising alone. **Disclaimer** PARENTS/ADULTS MUST SUPERVISE CHILDREN IF THEY PARTICIPATE IN YOUR HOME EXERCISES AT ALL TIMES TO MINIMISE RISK OF INJURY. PARENTS/ADULTS EXCEPT ALL RESPONSIBILITY OF MONITORING ONLINE CLASSES IN RESPECT OF ANY CHILD/ADULT IN THEIR CARE There exists the possibility of certain dangers when exercising. They include abnormal blood pressure, fainting, irregular, fast or slow heart rhythm, and in rare instances heart attack, stroke or death. Whilst every care is taken, it is impossible to predict the body’s exact response to exercise. If you engage in our online classes you do so at your own risk and are responsible for children/family/friends or others you are responsible for that may watch or participate in these exercise classes. In no event are we (Online teachers or BuryPhysio) liable for the any claims or causes of action, known or unknown, arising as a result of the online streaming We use a secure IT system to store your personal details and clinical records. Your data is used by our accounts department for invoicing and analysis of the outcomes. This is required to meet our clinical governance obligations.  Please request a copy of our privacy policy if you would like more details You have a right of access to your clinical records. Please ask us for our Access to Clinical Records Policy.This information is protected by the data protection act 1984  |
| Please initial & date in the box to confirm you have read and agree to the consent |
| **Reception:** entered on freehand (date & initial) |