



### Hub Health and Fitness Waiver

1. You acknowledge that you are voluntarily participating in online wellness activities provided by SelfKind Hub, which may include yoga and stretching video classes.
2. You understand that these activities involve physical exertion and movement, and you are aware of the potential risks and hazards associated with such activities.
3. You recognise that it is your responsibility to consult with a physician or other healthcare professional before participating in any physical activity, including those provided by SelfKind Hub.
4. You affirm that you have either consulted with a healthcare professional or have chosen to participate in these activities without consulting a healthcare professional and assume all responsibility for your decision.
5. In consideration of being allowed to participate in the activities offered by SelfKind Hub, you agree to the following:
  - A. **Assumption of Risk:** You understand and acknowledge that the activities provided by SelfKind Hub involve inherent risks, including but not limited to the risk of bodily injury, strain, or other physical discomfort. You voluntarily assume all risks associated with participation in these activities.
  - B. **Physical Condition:** You are physically fit, have no medical conditions that would prevent your participation in physical activities, and have not been advised otherwise by a healthcare professional.
  - C. **Release of Liability:** You release, waive, discharge, and covenant not to sue SelfKind Hub, its instructors, employees, agents, and affiliates from any and all liability, claims, demands, actions, and causes of action whatsoever arising out of or related to any loss, damage, or injury, including death, that may be sustained by you while participating in the activities provided by SelfKind Hub.
  - D. **Indemnification:** You agree to indemnify and hold harmless SelfKind Hub, its instructors, employees, agents, and affiliates from any loss, liability, damage, or cost they may incur due to my participation in the activities provided by SelfKind Hub.
  - E. **Photography and Recording Release:** You understand that SelfKind Hub may photograph, record, or otherwise capture images or recordings of participants during the activities. You grant SelfKind Hub the irrevocable right and permission to use, reproduce,

publish, distribute, and display such images or recordings for promotional or other purposes without compensation or notification.

F. **Governing Law:** This waiver shall be governed by and construed under the laws of Victoria, Australia.

You have read this waiver carefully and understand its contents. By ticking the box, you voluntarily agree to its terms and acknowledge that you have had the opportunity to ask questions and seek independent legal advice before signing.

**Tick box agreement**