**Review of Policies, Waivers of Liability and Informed Consent**

**WAIVER OF LIABILITY AND INFORMED CONSENT**

In consideration of being allowed to participate in any way in the Pilates Plus Physical Therapy & Wellness Center programs, related events and activities, the undersigned acknowledges, appreciates, and agrees that:

1. The risk of injury from activities involved in the program is significant, including the potential for permanent paralysis and death and while particular rules, equipment, and personal discipline may reduce this risk, the risk of serious injury does exist; and,
2. I knowingly and freely assume all such risks, both known and unknown, even if arising from this negligence of the releases or others, and assume full responsibility for my participation; and,
3. I willingly agree to comply with the stated and customary terms and conditions for participation. If, however, I observe any unusual significant hazard during my presence or participation, I will remove myself from participation and bring such to the attention of the nearest official immediately; and,
4. I for myself and on the behalf of my heirs, assigns, personal representatives and next of kin, hereby release and hold the Pilates Plus Wellness Center, their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors, advertisers, and, if applicable, owners and lessors of premises used to conduct the event (“Releasees”), with respect to all and any injury, disability, death, or loss or damage to person or property, whether arising from the negligence of the releasees or otherwise, to the fullest extent permitted by the law.

**CLASS/SESSION POLICIES**

***Virtual****,* ***In-Person*** *classes &* ***ALL Private*** *Sessions (including but not limited to: Yoga, Pilates, Trampoline, Personal Training, MELT, Barre, etc.)*

**RESERVATIONS**

Reservations are required for all appointments, and to guarantee your space in classes. Due to small class sizes, we strongly recommend making a reservation. Class drop-ins are welcome, but are subject to availability. You may check online or call to check availability.

**PAYMENTS**

Payment is required in advance for all classes and private sessions, and all payments are non-refundable. We accept Visa, MasterCard, Discover, American Express and cash.

EXPIRATION DATES

Class Registrations and Private Session Packages activate on the date of purchase. Expiration dates can be found on your sales receipt and in your Wellness Living account.

**CANCELLATIONS**

Clients must cancel appointments and classes at least 24 hours in advance. **Full payment will be assessed for late cancellations**. We reserve the right to cancel any class due to low enrollment. Clients will be notified at least 24 hours in advance.

**PROTOCOL**

Upon Arrival, please remove your shoes and **silence your cell phone** upon entering the studio. For your safety, clients who arrive more than 10 minutes late to a group class will not be permitted to join the class.

**INCLEMENT WEATHER POLICY & PROCEDURES**

If you have concerns about traveling in forecast inclement weather, you should always early cancel your class or appointment with at least 24 hours notice to avoid being charged. If you later decide that you are comfortable with traveling, you can contact us, and we will happily reschedule you. In the event of inclement weather, closing and delayed opening information will be posted on our website, emailed and recorded on our voice message. We **DO NOT** follow federal government or public school closings. Information will be posted by 7 am for morning classes and appointments, and necessary updates will be posted throughout the day. It is the responsibility of each client to check the status of the studio via the website or voice message. We do not call clients individually. Clients who receive auto-emails will be notified of class and appointment cancellations by email.

**THERAPY POLICIES**

***All Therapies (including but not limited to: Physical Therapy, Dry Needling, Reflexology, Health Coaching, Massage, etc.)***

**RESERVATIONS**

Reservations are required for all appointments to guarantee your appointment time for all therapies.

**PAYMENTS**

Payment is required at the time of check out for all therapy sessions and all payments are non-refundable. We accept Visa, MasterCard, Discover, American Express and cash.

**CANCELLATIONS**

Clients must cancel appointments at least 48 hours in advance. We allow **1** emergency cancellation of an appointment without penalty in a 6-month period. All other appointments cancelled **<48 hours or missed** will be assessed for the **Full charge of the therapy service.**

**PROTOCOL**

Clients must check in with their therapist at the time of the appointment. Please remove your shoes and **silence your cell phone** upon entering the studio.

**INCLEMENT WEATHER POLICY & PROCEDURES**

If you have concerns about traveling in forecast inclement weather, you should always early cancel your class or appointment with at least 24 hours notice to avoid being charged. If you later decide that you are comfortable with traveling, you can contact us and we will happily reschedule you. In the event of inclement weather, closing and delayed opening information will be posted on our website and recorded on our voice message. We do not follow federal government or public school closings. Information will be posted by 7 am for morning classes and appointments, and necessary updates will be posted throughout the day. It is the responsibility of each client to check the status of the studio via the website or voice message. We do not call clients individually. Clients who receive auto-emails will be notified of class and appointment cancellations by email.

**SPECIAL COVID-19 NOTICE AND WAIVER**

Pilates Center of Rockville follows the disinfection guidelines of both the Centers for Disease Control and Prevention (“CDC”) and the Maryland state and local governments in cleaning and disinfecting the studio as well as social distancing and the use of PPE/masks. I acknowledge, however, that as people are introduced into the disinfected areas, the spread of COVID-19 can occur irrespective of the areas having been recently cleaned and disinfected. I further acknowledge that Pilates Center of Rockville cannot and does not control individuals’ compliance with social distancing requirements or PPE requirements. Accordingly, I shall indemnify and hold harmless, Pilates Center of Rockville, its officer, directors, members, employees, and agents (“Releasees”) from and against any and all claims, demands, suits, judgments, losses or expenses of any nature whatsoever (including, without limitation, attorneys’ fees), whether or not an action is brought, arising from or out of, or relating to, directly or indirectly, any person on or in the areas contracting the infection of COVID-19 or any other illness or injury. The foregoing shall be construed as a release, waiver, discharge, and covenant not to sue the Releasees on the basis that I contracted the infection of COVID-19 or any other illness or injury while on the Pilates Center of Rockville premises. I have read the above Policies and Waiver/Release and I agree to the terms/conditions stated herein.

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_

**I have read this release of liability and assumption of risk agreement, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily without any inducement.**

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# Today’s date Client Signature

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## Client Name: Please Print