**Facility Rules and Regulations**

**By entering the facilities, you are agreeing and acknowledge the following rules and regulations:**

1. Neither or the trainer is a certified medical professional and does not have experience diagnosing any medical conditions or impairments. You agree fully disclose to a San-Q Movement Rehab staff of any injury, condition, impairments which may have a negative effect on or can arise by all conducted at the premises.San-Q Movement Rehab reserves the right to request you to seek professional medical opinion prior to re-entry.
2. Physical training inherently involves physical activity and, as appropriate, use of certain equipment and machinery.Such activities inherently may present a risk of injury or in extreme circumstances, death. Should you choose to do physical activities and use the machinery on these premises, you assume all risk of personal injury, property damage, and/or death resulting from such activities, use of equipment, and/or San-Q Movement Rehab' facilities.
3. You agree to releases both San-Q Movement Rehab and the Trainer, their representatives, agents, successors and assigns from any and all claims or causes of action (known and unknown), including but not limited to, injury or loss resulting from the use of any equipment or facilities which brake or malfunction not due to the Trainer or San-Q Movement Rehab' action and omissions.
4. No implied warranties or representations are made other than those expressly contained herein.
5. By entering the premises, you grant San-Q Movement Rehab permission to use his/her likeness in photographs, video, and publications for promotional purposes without payment or consideration made to you. Should you wish to have your pictures or videos be removed from publication, you can alert San-Q Movement Rehab in writing to conduct a review. Pictures and videos may be removed at the sole discretion of San-Q Movement Rehab.
6. The failure to strictly enforce any provisions of this Agreement shall not constitute a waiver of any right to subsequently enforce this Agreement. All provisions shall be deemed severable, and the inability to enforce any provisions shall not affect the other provisions.
7. This Agreement shall be governed by and constituted in accordance with the laws of the Province of Ontario, and each party irrevocably attorns to the exclusive jurisdiction of the court system in the province of Ontario.
8. You certify that:

* You are physically capable of participating in strength, flexibility and aerobic training exercise program and using the equipment associated with such training.

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* You are over the age of 18, or alternatively, has permission from a parent or guardian if he/she is under the age of 18.

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* You either had 1) a physical examination and been given a physician's permission to participate in this training program or 2) decided to participate in this training program without the approval of a physician; and
* You understand that any recommendation by the trainer for change in diet is entirely the client's responsibility, and you should consult a physician prior to undergoing any dietary changes.

**If you do not agree to the rules as listed above, we ask that you either speak to a San-Q Movement Rehab representative or immediately leave the premises.**