During your exercise training program offered by Dalhousie (the “Group Fitness Sessions (Fusion Fitness, Yoga, Zumba, Kickboxing and Tabata”, individually and collectively referred to as “Activity”), every reasonable effort will be made to ensure your safety. However, as with any exercise program, there are inherent risks in participating, including but not limited to damage to property, increased heat stress, and the risks of bodily injury or death resulting from the Activity and/or the use of Dalhousie or personal equipment. In participating in the Activity, you agree that you have sufficiently informed yourself about the nature of the activities and risks involved, and you accept and assume the risks involved in the Activity. You agree to be solely responsible for any damage or injury that you sustain of any kind, unless such damage or injury is caused by the sole negligence of Dalhousie, its employees, assigns or agents. You agree that to your knowledge, you have no limiting physical conditions or disability that would preclude participating in the Activity.

All Participants, of any age or health condition, who decide to participate without their physician’s prior examination and approval, acknowledge that they have informed themselves of the risks associated with participating, and accept full responsibility for their health and well-being and for any injuries, losses or death associated with participating in the Activity.

Personal Information:

Virtual Sessions:

- Dalhousie uses third-party provider(s) to help deliver the virtual Activity. While we make efforts to select programs with protective measures in place for the collection, use and storage of personal information, Dalhousie does not warrant or guarantee that (i) personal information provided to third party providers will remain safeguarded or secure; or (ii) the system and platform will be secure for virtual meetings. The use of such platforms includes additional security risks that may include: sessions being “hacked”; targeted harassment of Participants or display of disturbing and/or illegal content; unauthorized video or audio or image recordings by unknown parties as a result of such security breaches. Dalhousie will not be responsible for damages or losses associated with a data breach, security breach or loss of privacy resulting from use of these third-party platforms. By participating in the Activity, you agree that you understand and accept the privacy and security risks inherent with using online resources.

- The participant is responsible for clearing the home exercise space of any and all hazards such as tripping and slipping hazards.

- Additionally, the participant must keep their video and audio turned off once the session begins until the cool down is completed.

In consideration of my participation in the Activity, I hereby waive, release and forever discharge Dalhousie University, including the Langille Athletic Centre and its employees, authorized agents and assigns, from any and all responsibilities or liability for injuries or damages resulting from my participation in the Activity. I accept and assume full responsibility for damage to person or property, or for privacy and data breaches associated with my participation in the Activity. I acknowledge and accept full responsibility for the repair, maintenance and use of equipment to be used in the Activity.

I understand that privacy and security are not guaranteed for virtual meetings, and there is a risk of damage or loss or harm to me as a result of a data breach or security incident. All reasonable efforts are made to ensure the physical safety of the Participant during the Activity, within the limitations of the instructor’s ability to describe and demonstrate the exercises. I understand that I am responsible for clearing the home exercise space of any and all hazards such as tripping and slipping hazards.