

YOGA CONSENT AND HEALTH DECLARATION (FORM)

Before commencing Yoga for the first time / returning from injury or illness, you must consult a doctor or health professional. This is especially if you are suffering / have suffered from any of the following:

Tuberculosis	Eating or Mental Disorder	Heart condition/Angina
Blood Coughing	Epilepsy	High or Low Blood Pressure
Coughing or hoarseness	Thyroid Disorder	Cancer
Genito-Urinary Complaints	Pneumonia or Pleurisy	Asthma
Rheumatic Fever (Rheumatism)	Fevers	Fainting or Migraine Appendicitis
Stomach or Bowel Complaint	Diabetes	Infection of Kidneys
Haemophiliacs	Insensitivity to Heat Infections	Joint injuries
Implants	Obesity	Pregnancy
Hypertension	Congestive heart failure	Impaired coronary circulation

Taking any medication: (add colon) diuretics, barbiturates, and beta-blockers

Hydration is a requirement for all Yoga classes. Drinking lots of water both before and after class is a must, as it could result in fainting and medical complications which includes overheating.

Do not apply body lotion to your body prior to class.

It is also recommended you do not eat two hours prior to a Yoga class.

Please read the following statements carefully:

Attendant Risk and Discomforts: (Add colon)

There are inherent risks associated with Yoga training, strength training and other forms of physical activity. Yoga and strength training may result in acute muscle and/or joint pain, pulled muscles, brief changes in blood pressure, light headedness, dizziness, delayed onset muscle soreness (DOMS), or more chronic conditions such as tendonitis, and other discomforts.

Yoga training should be modified or postponed if a back/neck disorder or condition is present or if pain or symptoms persist.

Staff at Bath Yoga Studio are however qualified in basic First Aid and are trained to watch for any signs or symptoms associated with a poor exercise response.

Responsibilities of the Participant

To promote the safety and benefit of your participation in these Yoga sessions, it is important that you fully disclose your personal health history, any medications you are taking, and any symptoms you may be experiencing during exercise. Such symptoms would include back/neck/joint pain, irregular heart rhythm, tightness or pressure in your chest, unusual shortness of breath, light headedness, dizziness and the like.

You should not exceed the recommended exercise intensity and you should not exercise when you are sick or not otherwise feeling well. This is also respectful to other participants in the class, within close proximity in a studio, where germs may readily spread.

In participating in a class, you acknowledge you have consulted a Doctor prior

Benefits to be Expected

It is expected that you will see benefits as a result of regular and consistent participation in these sessions. Yoga training typically results in numerous physical and mental benefits (including improved muscle strength, improved muscular endurance, increased flexibility, improved lung function, better relaxation).

Inquiries

An important part of the informed consent process is providing you the opportunity to inquire about any aspect of the Yoga Classes. If you have any questions or concerns about the class, please feel free to ask.

Use of Medical Records and Information

Any information gathered in conjunction with the class (such as health history information, exercise risk, instances of joint pain, chest pain, light headedness or dizziness, etc.) will be kept confidential to the extent provided by law and GDPR.

No identifiable information will be released or revealed to any other party without your written consent.

If you are accidentally injured during the Yoga class, a member of Bath Yoga Studio will offer immediate first aid (if needed) but will be unable to provide full treatment. If injured, you will be responsible to seek further investigation. BYS accepts no liability in relation to injuries and illnesses.