

Kick Start Challenge Disclaimer 2017

- 1) I recognise that the Kick Start Challenge will be approx. eight weeks in duration commencing on Monday October 9th and closing on Saturday December 2nd 2017.
- 2) I recognise that the winner for the Kick Start Challenge will have the most body weight percentage lost during the competition period.
- 3) I agree to attend 3 exercise sessions per week (Mondays, Wednesdays and Fridays) 6am at Plus Fitness Halls Head, Lakelands or other locations to be decided by trainers Adrian Haywood & Kerry Wilson, during the period of the competition.
- 4) I acknowledge that if I miss more than two (2) training sessions during the competition period without a doctor's certificate, my place in the competition will be terminated.
- 5) I agree to have images and videos of me taken during the competition to be used in media and public forums.
- 6) I agree to make myself available for publicity purposes at any time without charge.
- 7) I acknowledge that West Coast Radio Pty Ltd, Plus Fitness 24/7 Halls Head, Lakelands and their associated agencies and companies will not be liable for any misadventure, accident, injury, loss (including but not limited to consequential loss) or claim that may occur during the competition or whilst undertaking any exercise or activity connected with the competition.
- 8) I am over the age of 18.
- 9) I have completed the health questionnaire and acknowledge that if I answered 'yes' to any of the 7 questions I need to provide a medical clearance from my GP before training begins on Monday October 9th, 2017.

Signed_____ Date_____

