

## DISCLAIMERS

### MEDICAL DISCLAIMERS

1. Amy Cooke strongly recommends that you consult with your physician before beginning any training programme. You should be in good physical condition and be able to participate in exercise.
2. You should understand that when participating in any exercise or exercise programme, there is the possibility of physical injury. If you engage in this exercise or training programme, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree that Amy Cooke will not be held liable to any claims or causes of action, known or unknown, arising out of working with or participating in any of her material.
3. By clicking on the link to a pre-recorded exercise or joining one of Amy face to face one to one sessions/group classes or zoom classes you confirm to abide by the terms of this disclaimer and you agree that you do so at your own risk. Amy Cooke does not accept responsibility for any injury or accident incurred as a result of following the exercises or exercise programmes on her online library, social media or website or in person
4. Amy Cooke shall not be responsible or liable for any damages injury or harm resulting from your attendance to her classes or access to, or inability to access, this website, or from your reliance upon any information provided on this site, this includes Pre-recorded Online Videos and Workshops and information shared on her website and social media groups including emails, videos, photographs and text
5. By purchasing and using any programme from Amy Cooke or participating in any of her classes in person or online, you agree to have read and understood the above disclaimers.

### PERSONAL DISCLAIMERS

1. The information contained across this website, blog, emails and training programmes is for educational and informational purposes only, and is made available to you as guidance for your own use. Whilst Amy draws on her prior professional expertise and background in many areas, you acknowledge that she is supporting you in her role exclusively as a coach only.
2. Amy Cooke is not a medical health practitioner or mental health provider and is not holding herself out to be in any capacity. Rather, Amy serves as a coach, mentor and guide who will help you reach your own health and fitness goals.

3. You are acknowledging that you are participating voluntarily in using the website, blog, emails and training programmes, and you alone are solely and personally responsible for your results.
4. By purchasing and using any programme from Amy Cooke or participating in any of her classes or material, you agree to have read and understood the above disclaimers.

**It is the responsibility of the participant to ensure:**

- When following pre-recorded online videos or zoom sessions it is your responsibility to ensure that there is sufficient space to perform the exercises safely and move freely without obstacles or obstructions, free from furniture, equipment and other hazards
- Any equipment is safe and in a suitable condition for the activity being performed
- The surrounding floor space is entirely clear to remove any hazards that may increase the risk of slips, trips or falls
- There are no distractions throughout the duration of the session
- There is sufficient heating, lighting, ventilation and hydration
- You agree not to rely on information on this website or within any of Amy Cooke's training programmes in place of seeking professional medical advice.
- To reduce and avoid injury, you will want to check with your doctor before beginning the classes.
- By participating in the classes, you are doing so at your own risk.
- Please use good judgement and common sense when taking part in any class, consider your level and ability and choose the appropriate level of the exercises and rest when you need to.
- s with any exercise programme, if at any point during the class you begin to feel faint, dizzy or have any physical discomfort, you should stop immediately and seek medical advice.

Amy Cooke will not be responsible or liable for any injury or harm you sustain as a result of her Pilates programmes.

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## CONFIDENTIALITY

Amy Cooke Pilates respects Client's privacy and insists that Client respects the hers. Thus, consider this a mutual non-disclosure agreement. Any Confidential Information shared by Amy Cooke or any representative of Amy Cooke Pilates is confidential, proprietary, and belongs solely and exclusively to the Party who discloses it. Both Parties agree not to disclose, reveal or make use of any Confidential Information or any transactions, during discussions, classes or otherwise. Client agrees not to use such confidential information in any manner other than in discussion with the Company during the Programme. Confidential Information includes, but is not limited to, information disclosed in connection with this Agreement, and shall not include information rightfully obtained from a third party. Both Parties will keep Confidential Information in strictest confidence and shall use the best efforts to safeguard the Confidential Information and to protect it against disclosure, misuse, misuse, espionage loss and theft. Further, Client agrees that if they violate or display any likelihood of abusing this section the Company will be entitled to injunctive relief and is at liberty to terminate all aspects of the agreement.