DISCLAIMER FOR VIRTUAL SPINE SERIES PROGRAM

The Paige Fraser Foundation provides virtual fitness programs. If deemed necessary, participants should consult a physician or other healthcare professional before starting this or any other physical activity program to determine if it is right for your needs. If you experience faintness, dizziness, pain or shortness of breath at any time while participating in this activity, you should stop immediately.

Participants should not rely on this information as a substitute for, nor does it replace professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your physical health, you should consult a physician or other healthcare professional. Do not disregard, avoid or delay obtaining medical or health related advice from your healthcare professional because of something you may have seen or heard during this activity.

By taking part in the virtual fitness program[s] for which you reserved a space via email, you hereby agree that your participation in this activity is voluntary and solely at your own risk. If the participant is under the age of 18, then by virtue of the parent/guardian reserving a space via email on the minor's behalf, the parent/legal guardian hereby agrees that the minor's participation in this activity is voluntary and solely at the parent/legal guardian's risk.

You hereby agree to irrevocably release and waive any claims that you have now or hereafter may have against the Paige Fraser Foundation. You have read this disclaimer and have acknowledged it prior to participating in any virtual fitness program being provided by the Paige Fraser Foundation.