

GENERAL

For your safety and the safety of other students using the same equipment as you, you must not moisturise for at least 1 hour before the class
(preferably at least 3 hours before)

By signing this form, you confirm that you will NOT try and teach any other students a move, attempt moves that you have not received instruction on, and that you will follow the instruction given and ask for more advice if you are unsure

By signing this form you confirm that you will NOT deliberately talk over instructions. Pole/ Aerial fitness is a dangerous activity and moves require specific instruction

By signing this form, you also confirm that you will NOT distract others in the class, will not use the class as a way to "show off" or create a competitive class environment, and will not hog equipment ensuring that everyone at your pole/hoop gets an equal amount of time to practice.

All IFA instructors have relevant experience in the pole/ hoop fitness industry and all instructors carry public liability professional indemnity insurance.

Pole/ Aerial Hoop fitness is a strenuous, challenging and physically demanding exercise. This class and techniques do involve skin contact with metal, and related bumps and bruises can and may occur, it is because of these reasons that IFA classes are taken at your own risk.