

INFORMED CONSENT FORM

PE4H ICF 81020revision

As Parent/Legal Guardian, I give my consent for my child(ren) to participate in the physical fitness program conducted by HERRING FITNESS. I understand that the class instructors will not be at the same location as my child and are not a substitute for a responsible party of legal age in the exerciser's location. I will make sure a responsible person is in the home during streamed workouts that can handle any emergency situation that might arise.

Streaming Session Rules

PE4Homeschool instructors/trainers have the right and authority to remove any student from a single class at their discretion without refund. I understand that continued participation in the streaming exercise program may be terminated **without refund** for the following reasons after the first offense:

1. All participants will wear clothing appropriate for exercise in public. Each participant will respect everyone involved by wearing modest, appropriate gym wear. Shirts must be worn at all times, and exercising in a short top or sports bra is not acceptable. I will request more information if I am not sure what this means. I also understand that students do not have to show themselves during the exercise class and can opt out by simply turning their video transmission off.
2. Each participant must use the time during the exercise streaming class to exercise and learn correct form and theory. Participants will not try to take over the class, will not take excessive time out of the class for their own benefit, and will not discuss politics, religion, or other non-exercise related topics during class.
3. Microphones must remain muted during class except when appropriate to un-mute to ask questions.
4. Participants will be kind and respectful to everyone involved in the forum. Participants will not make fun of, or say disparaging remarks to

or about any person, and will **absolutely not** take any screen shots, photos, or recordings of anyone working out on the screen.

5. Anyone watching a pre-recorded stream or taking a live class will never post or text photos or video from the exercise stream to any social media or other social network without prior consent of any person in the photo or video and a representative of HERRING FITNESS.

6. I understand and give HERRING FITNESS the right to record and post all classes(whole or in part) in line with their programming or advertising purposes.

7. I understand that the use of HERRING FITNESS streaming services are for personal, non commercial use and I will not give access to unauthorized/unsubscribed users.

8. All participants must be appropriately labeled for identification before entering the virtual class.

9. All subscriptions are recurring monthly subscriptions and must be canceled by the subscriber through their personal PAYPAL account or card issuer.

Risks

I recognize that exercise carries some risk to the musculoskeletal system (dizziness, discomfort in breathing, heart attack). I hereby certify that I know of no medical problem that would increase risk of illness and injury as a result of participation in a regular exercise program and will not hold Germaine Herring, HERRING FITNESS or anyone working for him liable for injury while partaking in classes or training sessions. I will be responsible for the personal health and well being of myself and all minors in my household participating in any PE4Homeschool activities. I also understand that this exercise program is not intended to replace any other medical test or the services of a physician. I will help my children to be keenly aware of their own body and in the event that I/they feel anything they are asked to do may impose physical harm, I will choose if they participate or not.