

# Centre Focused Pilates

Pilates x Sauna Event – Liability Waiver & Privacy Policy (2026)

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## LIABILITY WAIVER

### Centre Focused Pilates

Pilates Session, Cold Water Immersion & Sauna Experience.

Please read this waiver carefully before participating.

### 1. Voluntary Participation & Assumption of Risk

I understand that participation in this event includes:

- A Pilates exercise session
- Cold water immersion (cold dip)
- Sauna use

These activities involve physical exertion and environmental exposure and carry inherent risks including, but not limited to:

- Muscle soreness or fatigue
- Slips or falls
- Dizziness, faintness, or light-headedness
- Changes in heart rate or blood pressure
- Cold shock response or overheating
- Aggravation of existing injuries or medical conditions
- In rare circumstances, serious adverse events

I confirm my participation is voluntary and undertaken at my own risk. I acknowledge that all risk cannot be eliminated.

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### 2. Health Disclosure & Medical Responsibility

I confirm that I am responsible for ensuring I am medically fit to participate in exercise, sauna use, and cold water exposure.

I will seek advice from an appropriate healthcare professional before attending if I have, or suspect I may have:

- Cardiovascular conditions
- Respiratory illness
- High or low blood pressure
- Pregnancy
- Neurological conditions
- Recent injury, illness, or surgery

- Any condition affected by heat or cold exposure

I agree to inform the instructor of any relevant health concerns prior to participation.

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### 3. Scope of Services

Centre Focused Pilates provides **group exercise instruction**.

This event does **not** constitute medical assessment, diagnosis, or treatment. Participation does not replace individual healthcare or physiotherapy advice.

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### 4. Responsibility During the Event

I agree to:

- Exercise and participate within my own limits
- Follow all safety instructions provided by instructors and venue staff
- Exit the sauna or water immediately if I feel unwell
- Inform staff if I experience dizziness, pain, nausea, or discomfort

I understand I may stop participation at any time.

The instructor or venue staff may modify, pause, or stop my participation if safety concerns arise.

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### 5. Sauna & Cold Water Safety

I acknowledge I have read and agreed to the T&C provided by Spear Sauna on the booking website.

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### 6. Venue & Third-Party Providers

This event takes place at **Lost Shore Surf Resort** and includes sauna services provided by **Spear Sauna**.

I understand that Centre Focused Pilates operates independently from the venue and sauna provider. Each organisation maintains its own safety procedures and insurance.

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### 7. Equipment & Environment

Pilates mats are provided. I agree to:

- Bring appropriate clothing and towels as advised

- Use equipment responsibly
  - Notify the instructor immediately of any hazards or safety concerns
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## 8. Personal Responsibility

I acknowledge that I am responsible for:

- My belongings
  - My hydration and comfort
  - Entering and exiting facilities safely
  - Supervising myself at all times during the event
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## 9. Limitation of Liability

To the fullest extent permitted by law, Centre Focused Pilates and Sonya Fazeli shall not be held liable for injury, loss, or damage arising from participation except where liability cannot legally be excluded.

Nothing in this waiver excludes liability for death or personal injury caused by negligence where such exclusion is prohibited by law.

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## 10. Consent & Agreement

By booking or attending this event, I confirm that:

- I have read and understood this waiver
  - I accept the risks involved
  - I agree to participate under these terms
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# PRIVACY POLICY – 2026

Centre Focused Pilates is committed to protecting your personal data in accordance with the **UK General Data Protection Regulation (UK GDPR)** and the **Data Protection Act 2018**.

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## 1. Data Controller

Centre Focused Pilates is the data controller responsible for your personal information.

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## 2. Personal Data Collected

We may collect:

- Name and contact details
  - Emergency contact information
  - Relevant health information required for safe participation
  - Booking and payment records
  - Communication correspondence
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## 3. How Data Is Collected

Information is collected via:

- Event booking systems
  - Registration or health forms
  - Email or direct communication
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## 4. Legal Basis for Processing

We process data under:

- Contractual necessity (event delivery)
  - Legal and insurance obligations
  - Explicit consent (health information)
  - Legitimate interests (administration and safety)
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## 5. Use of Your Data

Your information is used to:

- Deliver safe events

- Communicate event updates
- Maintain required records
- Meet professional and insurance obligations

Health data is accessed only where necessary for participant safety.

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## 6. Data Storage & Security

Data is stored securely using password-protected systems with restricted access.

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## 7. Data Retention

Records may be retained for up to **7 years** to meet legal, insurance, and professional requirements.

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## 8. Data Sharing

Data is not sold or shared for marketing.

Information may be shared with trusted booking or payment providers where necessary to deliver services.

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## 9. Your Rights

You have the right to:

- Access your data
  - Request correction or deletion
  - Restrict or object to processing
  - Withdraw consent
  - Lodge a complaint with the Information Commissioner's Office (ICO)
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## 10. Consent

By booking or attending the event, you acknowledge that you have read and understood this Privacy Policy and consent to the processing of your data as outlined.

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**Last updated:** May 2026