



## THE SUPERCHICK PINK TICKET

Welcome to SUPERchick Group Training. Please remember to bring this form with you to your first free session trial.  
For all details regarding SUPERchick Group Training, including locations, times and meeting points please visit [www.iamsuperchick.com](http://www.iamsuperchick.com).

When you arrive at your chosen group training session please hand this to your SUPERchick Instructor. If you are coming on your own for the first time don't panic. Honestly there is no reason to feel at all intimidated. SUPERchick is a very friendly world and no matter how fit or unfit you are you will be more than welcome. Should you prefer to bring along a friend please do so, this Pink Ticket is valid for you + 1. See you there! SUPERchick.

Please complete the following details:

**SUPERchick ONE:**

<b>Name:</b>	
<b>Address</b>	
House/ Flat No.	
Street	
Town	
City	
Post Code	
<b>Tel No.</b>	
<b>E-mail Address:</b>	
Where did you hear about us?	
<b>Are you a member of the SUPERchick Online Training Locker?</b>	Yes / No
<b>Emergency contact</b>	
Name:	
Contact Tel No:	
Date and chosen location for free trial	
I hereby agree with the Terms and Conditions outlined below and available for viewing on <a href="http://www.iamsuperchick.com">www.iamsuperchick.com</a> :	
Signature	

**SUPERchick TWO (optional if you want to bring a friend):**

<b>Name:</b>	
<b>Address</b>	
House/ Flat No.	
Street	
Town	
City	
Post Code	
<b>Tel No.</b>	
<b>E-mail Address:</b>	
Where did you hear about us?	
<b>Are you a member of the SUPERchick Online Training Locker?</b>	Yes / No
<b>Emergency contact</b>	
Name:	
Contact Tel No:	
Date and chosen location for free trial	
I hereby agree with the Terms and Conditions outlined below and available for viewing on <a href="http://www.iamsuperchick.com">www.iamsuperchick.com</a> :	
Signature	

**SUPERchick Training Ltd.**

Studio 5, Hurlingham Studios, Ranelagg Gardens, London, SW6 3PA  
T: 020 7384 9295 E: [info@iamsuperchick.com](mailto:info@iamsuperchick.com) W: [iamsuperchick.com](http://iamsuperchick.com)  
Registered in England and Wales No. 5867824 VAT No. 924 1351 50



## THE SUPERCHICK PINK TICKET

Please answer the following questions and sign below:

Yes/ No

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- In the past month, have you had chest pain when you were not doing physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you have a bone or joint problem?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- Do you have any aches or pains?
- Do you know of any other reason why you should not do physical activity?

If you have answered yes to one or more questions above, please take you doctor's advice BEFORE you become more physically active or BEFORE you attend a SUPERchick Group Training session, have a fitness assessment or use the advice and training programmes contained in the SUPERchick website. Tell your doctor about the SUPERchick Group Training and the SUPERchick website and which questions you cannot answer. Please ensure your doctor gives you the all clear to begin any proposed activity or training programme. It is entirely a matter for you if you begin any programme.

If in any doubt, seek your doctor's advice as to your suitability for unrestricted physical activity that progresses gradually.

### Informed Consent - Liability Waiver

In consideration of being allowed to participate in the activities and programmes of SUPERchick Training Ltd and to use the facilities and equipment owned and/or under the control of SUPERchick Training Ltd, in addition to the payment of any fee or charge, I do hereby waive, release and forever discharge SUPERchick Training Ltd from any and all responsibility or liability for injuries or damages resulting from my participation in any activities or my use of equipment or facilities in the above mentioned activities. I understand and I am aware that strength, flexibility and aerobic exercise, including the use of equipment, in the outdoors, are potentially hazardous activities. I also understand that exercise and fitness activities involve a risk of injury and even death, and that I am voluntarily participating in these activities and using equipment and facilities with the knowledge of the dangers involved. I hereby agree to expressly assume and accept all and any risks of injury or death. I am aware that I have the right to request advice from any of the SUPERchick Training Ltd staff, at any time, in relation to the activities and exercise being undertaken and, but not exclusively, their suitability for me, with particular regard to my health and clothing. If I choose not to take advice, or to disregard any advice so given, I do so voluntarily and accept liability for all resulting injuries or damage. I do hereby declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness (other than those declared on the attached medical questionnaire) that would prevent my participation or use of equipment or facilities except as herein stated. I acknowledge that I have either had a physical examination and have been given my doctors permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my doctor and do hereby assume all responsibility for my participation and activities, and utilisation of equipment and machinery in my activities. In addition SUPERchick Training Ltd cannot accept responsibility for valuables left in instructor's vehicles.

Signature ..... Date .....

Print name .....

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