

THE REFORMERY WARLEY

HEALTH WAIVER, PREGNANCY & INJURY POLICY

Effective Date: 1 June 2026

Last Updated: 1 June 2026

1. Introduction

This Health Waiver, Pregnancy & Injury Policy is designed to help ensure the safety and wellbeing of all clients attending classes, private sessions, workshops and events at The Reformatory Warley.

Participation in Pilates and fitness activities involves physical movement and exercise. Whilst every effort is made to provide a safe environment, participation carries inherent risks.

By attending classes or using the facilities of The Reformatory Warley, clients acknowledge and accept the terms outlined within this policy.

2. Assumption of Risk

I understand and acknowledge that participation in Reformer Pilates, mat Pilates, strength training, mobility work, stretching and other exercise activities involves physical exertion and inherent risks.

These risks may include, but are not limited to:

- Muscle soreness
- Muscle strains
- Ligament sprains
- Joint injuries
- Falls or slips
- Equipment-related injuries
- Dizziness or fainting
- Cardiovascular complications
- Aggravation of pre-existing injuries or medical conditions
- Temporary or permanent disability
- Serious injury in rare circumstances

I voluntarily participate in these activities with full knowledge of the associated risks.

I understand that no exercise programme can completely eliminate the possibility of injury.

3. Client Health Declaration

By attending classes, I confirm that:

- I am physically able to participate in exercise activities.
- I have completed any required health questionnaires honestly and accurately.
- I have disclosed all known medical conditions, injuries and relevant health concerns.
- I understand that failure to disclose relevant information may increase my risk of injury.
- I agree to take personal responsibility for monitoring my physical condition during participation.

If at any time I experience pain, dizziness, discomfort or other concerning symptoms, I will immediately stop exercising and notify the instructor.

4. Medical Responsibility

I acknowledge that:

- The Reformatory Warley instructors are fitness professionals and are not medical practitioners.
- Information provided during classes is not intended to replace medical advice, diagnosis or treatment.
- I am responsible for obtaining medical advice where appropriate before commencing any exercise programme.
- I should seek guidance from a qualified healthcare professional regarding any concerns about my ability to exercise safely.

Participation remains entirely at my own discretion and risk.

5. Instructor Authority

The Reformatory Warley is committed to providing safe and effective instruction.

For health and safety reasons, instructors reserve the right to:

- Modify exercises

- Offer alternative movements
- Adjust equipment settings
- Restrict participation in specific exercises
- Recommend private sessions
- Refuse participation where safety concerns exist

Instructor decisions regarding client safety are final.

6. Injury Disclosure Policy

Clients must disclose any injury, illness or physical limitation that may affect participation.

Examples include:

- Back pain
- Neck injuries
- Joint conditions
- Recent surgery
- Fractures
- Osteoporosis
- Cardiovascular conditions
- Neurological conditions
- Chronic pain disorders

Clients should notify instructors:

- Before their first class
- Before any class where symptoms have changed
- Following any new diagnosis or injury

Failure to disclose relevant information may result in increased risk and may affect insurance coverage.

7. Injury Management & Participation Restrictions

Where a client has an injury or medical concern, instructors may recommend:

- Exercise modifications

- Reduced resistance levels
- Alternative movements
- Temporary suspension from participation
- Medical clearance before returning

The Reformatory Warley reserves the right to refuse participation where attendance presents an unreasonable risk to the client, instructor or other participants.

Such decisions are made solely in the interests of health and safety.

8. Pregnancy Policy

Pregnant clients are welcome to participate where appropriate and subject to individual circumstances.

Pregnant clients must:

- Inform instructors as soon as pregnancy is known.
- Complete any required health screening forms.
- Provide medical clearance if requested.
- Inform instructors of any pregnancy-related complications or concerns.

Exercise modifications may be necessary throughout pregnancy and will vary depending on:

- Stage of pregnancy
- Medical history
- Previous exercise experience
- Individual risk factors

The Reformatory Warley reserves the right to restrict participation where it is considered unsafe.

9. Pregnancy-Related Conditions

Clients must notify instructors immediately if they experience or have been diagnosed with any pregnancy-related condition that may affect exercise participation, including but not limited to:

- High blood pressure
- Placenta previa

- Pre-eclampsia
- Cervical insufficiency
- Significant pelvic pain
- Vaginal bleeding
- Multiple pregnancy complications

Medical clearance may be required before further participation.

10. Post-Natal Return to Exercise

Clients returning after childbirth should obtain appropriate medical clearance before resuming exercise.

Particular consideration should be given to:

- Caesarean section recovery
- Pelvic floor rehabilitation
- Diastasis recti
- Post-natal complications

Instructors may recommend gradual progression back into exercise.

11. Emergency Situations

In the event of an accident, injury or medical emergency, The Reformery Warley may:

- Administer basic first aid where appropriate
- Contact emergency services
- Contact the client's emergency contact

Clients are responsible for ensuring emergency contact details remain current and accurate.

12. Limitation of Liability

Nothing within this policy excludes or limits liability where such exclusion would be unlawful under applicable UK legislation.

Subject to this limitation, participation in classes and use of studio facilities is undertaken at the client's own risk.

The Reformery Warley shall not be liable for injuries, losses or damages arising from:

- Failure to follow instructor guidance
- Failure to disclose relevant health information
- Participation contrary to medical advice
- Misuse of equipment
- Circumstances outside our reasonable control

13. Acknowledgement & Consent

By booking and attending classes at The Reformatory Warley, I acknowledge that:

- I have read and understood this Health Waiver, Pregnancy & Injury Policy.
- I understand the risks associated with exercise participation.
- I accept responsibility for my own health and wellbeing.
- I consent to participation under the terms outlined in this policy.
- I agree to inform instructors of any relevant changes to my health status.

14. Contact Us

For questions regarding this policy, please contact:

The Reformatory Warley

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