



DANCING **S**TARS

LINEDANCE **C**LUB

DISCLAIMER

PLEASE READ THE STATEMENT BELOW

Please be aware that when you sign or allow your name to be entered in the class book or sign in sheet, you are agreeing that you have read this statement.

Before starting any physical exercise you should seek medical advice if you are aware of any medical condition which precludes you from dancing, as it can be quite an energetic form of exercise.

Dancing Stars will not accept any responsibility for injuries or illness incurred through the learning or performing of any dance.

The learning or performing of any dance is undertaken at your own risk. If you have any medical problems you dance at your own risk. If there are any steps that you have problems with, i.e. turns, please let us know and we will endeavor to find an alternative step.

Please be advised that you should wear appropriate footwear. These may be ballroom type shoes or dance trainers which have specific soles, regular sport trainers, sandals, flip flops are not considered suitable as they tend to stick to the floor and can facilitate ankle injury when turning. If dance shoes are not worn then footwear with a low heel and a fairly smooth sole would be fine.

Dancing Stars will not accept liability for any accidents.

Without Prejudice

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