

Waiver, Release & Consent Form

Please read carefully before your session

This form applies to all sessions with Craig Soles / The Human Toolbox. Please read every section before signing. If anything is unclear, ask before your session begins. Your signature confirms you understood and agreed to all of the following.

01

Practitioner Disclosure & Scope of Practice

Craig Soles is not a licensed medical practitioner, physiotherapist, chiropractor, or healthcare professional of any kind, and holds no professional license, medical certification, or insurance coverage for the services offered. He is an individual who developed and applies these fascial maneuver techniques after personally rehabilitating himself through multiple injuries, including restoring his own breathing after twelve years of restriction, using maneuvers he developed and self-applied.

These services are not a substitute for medical diagnosis, treatment, or care. Clients with underlying medical conditions should consult a licensed healthcare provider before booking.

02

Assumption of Risk & Liability Release

Sessions involve hands-on physical pressure, manipulation, and manual techniques applied directly to the body. By booking and participating in a session, the client acknowledges and accepts that:

- There is inherent physical risk in this type of hands-on bodywork, including but not limited to soreness, bruising, discomfort, or aggravation of an existing condition.
- The client is voluntarily participating with full knowledge of these risks.
- Craig Soles and The Human Toolbox carry no liability insurance and assume no legal or financial responsibility for any injury, adverse reaction, or outcome arising from a session.
- The client fully releases and waives any right to sue or pursue legal action against Craig Soles or The Human Toolbox for any injury, adverse outcome, or impact the client may attribute to a session, to the fullest extent permitted by law.
- This release extends to any facility, clinic, medical center, landlord, or venue where Craig Soles practices or provides services, and to any individual, business, or organization that refers a client to Craig Soles, whether or not services are delivered on that party's premises. None of these parties bear any responsibility or liability whatsoever for these services, and hosting, providing space for, or referring a client to a session does not constitute an endorsement of Craig Soles' techniques, methods, or practices, nor a negation of them. The client agrees not to sue or pursue legal action against any such facility, landlord, referral partner, or organization in connection with these services.

Ongoing Consent During Sessions

Consent is not a one-time formality. It is ongoing throughout every session. Craig will ask before placing hands on a new area of the body or applying a new technique. The client may say no, decline, or ask to stop at any point, for any reason, without needing to explain why, and that request will be honored immediately.

What To Wear, And Why

Most of what I do works through clothing. Pinning, sustained holds and pressure-based work transmit through fabric without any loss. When I pin an area, I push into it, hold it there, and then may move in the opposite direction, working to create extension and space in the tissue using breath, motion, and counter-rotation.

This is hand-to-skin work, done by hand only. No tools, no oil, ever. No gloves either, because gloves cost me the grip this work depends on, and I need that grip to move and manipulate the tissue itself. That grip is one real reason bare skin matters in places, the other is described in the paragraphs below.

Now my own preference, and I would rather give you the real reason than a technical sounding one. I work skin to skin almost all of the time, for three reasons.

The first is that I can see. With skin exposed I can watch how the muscle responds under my hands while it is happening, and that tells me where to go next. Through a t-shirt I am working from feel alone. Of the three reasons, this is the one you can test for yourself, in about five seconds, just by watching your own skin respond.

The second is feel. I find the root of a problem with my hands, and they read more directly on skin than through cloth. That sensitivity is the heart of how I work and it sharpens every year I do it.

The third is heat. My hands run hot, and that heat carries into tissue better through skin than through fabric.

That is my method and my preference. It is not a requirement of the work, and it is not a rule about your body.

What that means in practice. Loose shorts and a sports top or t-shirt let me work most easily, and loose matters because I would rather move fabric aside than work around it. If you would rather stay covered, wear cotton rather than lycra or nylon. My hands slide on the slippery fabrics and grip on cotton. That is a grip issue, not a requirement.

Your side of it, plainly. What you wear is your choice. You can stay covered wherever you want, and nothing I do requires you to undress. Bring options and decide once you are here if that is easier. You can change your mind partway through a session and you do not have to explain why. This is how I understand fascia, and how I explain it to clients: fascia is like a cage, and the body is contained entirely inside it, sitting just beneath the surface of the skin. Everything within that is fascia's territory, and in my experience it plays a part in every part of the body. It can get into places and wrap itself around in ways you would not expect, and finding where it is holding can be an arduous task. Results vary from person to person, and for some people it is a longer or harder process than for others. A lot of the work runs through the arms, the shoulders, the collarbone and the area around the chest, so if you cover those I will work through the fabric and lose some of the feel I described above. That is a real trade and it is entirely yours to make. Your body leads, I follow.

Section 05 sets out exactly where my hands do not go.

On my side: for bodywork sessions, and when I demonstrate a maneuver on myself, I may work with my shirt off. The honest reason is that this is physical work and I get hot doing it. I sweat. The shirt comes off for the same reason anybody's would.

It is useful as well, as it happens. It is much easier to see how muscle and fascia respond on bare skin than through a shirt, and most of what I know I worked out by watching how my own body responded with several

points of contact on myself at once. But the heat is the reason. If that is uncomfortable for you, say so and I will keep my shirt on.

05

What I Will Never Touch

I want this written down, not only said out loud once you are already in the room.

I do not touch breast tissue or nipples, on anybody. I work around the chest, not on it. The collarbone, the shoulders and the upper chest are in play. The breast area is not. If a maneuver runs near that area I will tell you before I do it, I will show you where my hands are going, and I will keep the contact where I said it would be.

I do not touch genitals, and I do not work underneath clothing.

This is not a sexual practice. It is a service, and it is professional work. I say that plainly because you should not have to sit there wondering about it, and because being clear about it protects both of us.

That holds regardless of what your body does during a session. Section 06 covers the physical responses that deep work can produce. Nothing your body does on its own is ever treated as an invitation, and nothing your body does on its own will ever be held against you.

Deliberate sexual contact, or a sexual request, ends the session and ends the working relationship. That is not a judgement about anybody, it is a fixed condition of the work, and it applies in both directions equally.

If at any point my hands are somewhere you did not expect, say so and I stop immediately. You do not have to explain why, you do not have to be polite about it, and it does not change how the rest of the session goes.

Emotional and Physical Responses During a Session

Fascial work sometimes brings up a strong response. People cry, shake, laugh, go quiet, or find something surfacing that they had no plans to think about that day. This is common, it is a known response to this kind of work, and it does not mean anything has gone wrong. It usually means the body let go of something it had been holding.

The responses are physical as well as emotional. Many clients describe a felt sense of settling or calm, most often during deep pressure across the abdomen. Alongside that, common responses include heat, digestive activity, involuntary sexual arousal, and a sudden need for the bathroom. They happen to everybody. They are autonomic, meaning the body produces them without any decision being made, and they carry no sexual meaning or intent. They are well recognised in hands-on bodywork of this kind.

If it happens, you are safe. We stop for as long as you need. You can end the session there, take a break and carry on, or keep going. There is no wrong answer, and there is no version of this where you are expected to push through it.

Here is the part I want to be completely clear about, because it matters more than anything reassuring I could say. I am a fascial coach. I am not a counsellor, a therapist, a psychologist, or a trauma professional of any kind. I hold no training in any of those fields and I will not act as though I do. I will not ask you to talk through what came up, I will not interpret it for you, and I will not try to treat it.

What I will do is stop, give you room, and stay professional about it. If you want a referral to someone qualified to help with what surfaced, ask me and I will point you toward someone. Making the room safe is my job. Treating what comes up in it is not, and I am not going to pretend otherwise.

Session Environment & Comfort

I am committed to providing a safe, professional, and comfortable environment for every client. Client comfort is the priority throughout.

What a session is actually like. This is not a silent table. There is usually music. You will be moving rather than lying still, and I will often ask you to work with me, to push into something or breathe into it, because you need to feel in your own body what I am feeling in my hands. People talk. People sing along. People laugh. It is closer to a lesson than a treatment, and you are doing it with me rather than having it done to you. In my experience people get more out of it when they are relaxed and enjoying themselves, so that part is deliberate.

I start reading you before we start working. How you walk in, how you are moving, where you are holding yourself. By the time you sit down I usually have three or four places I want to start. There is nothing mystical about that. I spent decades in entertainment and hospitality and I have been a salesman since I was a kid, so I have spent my whole life reading people, and this is the same skill pointed at how a body moves.

You are welcome to bring somebody with you. A friend, your partner, whoever you want. They can stay in the room for the whole session if that is what makes you comfortable. You do not need to arrange it in advance and you do not need to give a reason.

I keep written notes on each session: what we worked on, how your body responded, and what to pick up next time. They are my working record and they are not shared with anyone. If you ever want to see your own notes, ask me.

Your Before And After Photos, And Optional Consent

The photos are for you. I take one before we start and one after we finish, put them side by side, and send them to you.

The reason is simple. Change like this is hard to see on yourself. Side by side, minutes apart, in the same light, you can see how you look and how you are carrying yourself. If the session did something, that shows you it did. And if it did not, that is on me.

This is yours to decline. It is optional, it costs nothing either way, and it changes nothing about the session or what you pay.

☐ Yes, take before and after photos and send them to me.

☐ No thank you, no photos.

Separately, and only if you want to: you may let photos or footage of your session be used for training or published, for example on the website or social media. This is a completely separate decision from the one above.

It has no effect on your price. It has no effect on the service you receive. It is not tied to your rate, to a program, or to a booking condition of any kind. There is nothing you gain by saying yes and nothing you lose by saying no. Say yes only if you actually want to.

☐ I consent to photos or footage of my session being used for internal training purposes.

☐ I consent to my before and after photos being published, for example website, social media, marketing.

☐ I do not consent to any use of my photos or footage beyond Craig's own private records.

On rates

The Program rate is what you pay when you book a course of sessions in advance. It reflects committing to a body of work up front, not a reduction in the value of any single session. There are no conditions attached to it of any kind, and nothing on this page affects it either way.

Testimonials

A video testimonial recorded at the end of treatment is welcome, and it is entirely optional. It is not tied to pricing and it is not a condition of any rate or package.

If you give one, it is never edited in content or meaning. It is shared as you gave it. If you would rather not, that is a complete answer, and nothing about your session or your price changes.

Client Acknowledgement & Signature

By signing below, I confirm I have read, understood, and agree to all sections of this Waiver, Release & Consent Form.

CLIENT NAME (PRINT)	DATE
CLIENT SIGNATURE	EMERGENCY CONTACT (OPTIONAL)

Practitioner & Witness

PRACTITIONER NAME (PRINT)	DATE
Craig Soles	
PRACTITIONER SIGNATURE	WITNESS SIGNATURE (IF PRESENT)

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ADDENDUM

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Legal Basis

This waiver is drafted consistent with Canadian and British Columbia law on assumption-of-risk agreements. Courts in this province have upheld similar waivers even where negligence was involved, provided the terms were clear and the signer had a genuine opportunity to read and understand them before signing (Loychuk v. Cougar Mountain Adventures Ltd., 2012 BCCA 122). Waivers are generally not upheld where there is gross negligence or unconscionable circumstances surrounding the signing (Crocker v. Sundance Northwest Resorts Ltd.).

You are encouraged to seek independent legal advice before signing this form, especially if you have any questions or concerns about what you are agreeing to. If you are uncertain, ask before you sign, not after.

By signing this document, you are agreeing to waive your right to sue Craig Soles or The Human Toolbox for any injury or adverse outcome arising from a session, as described in full in Section 02.

This addendum is provided for transparency and is not legal advice to either party.