

INFORMED CONSENT RELEASE

Based on the results of numerous professional evaluations and extensive field testing, **The Empathy Belly®** Pregnancy Simulator (U.S. Patent 4,531,919) has been found to be a highly effective, beneficial and safe teaching aid when handled or worn by individuals who are in normal, good health, and who behave in a correct and careful manner while handling or wearing this teaching aid. Since you (or your child) are being offered the educational opportunity to use the Empathy Belly®, you are hereby provided with full information regarding this products intended and potential effects, benefits, avoidable risk factors, and reasonable precautions to be maintained while handling or wearing this product. **As a prerequisite to handling or wearing the Empathy Belly®, carefully read and complete this form.**

Intended for use only as serious teaching aid, The Empathy Belly® is a multi-component, weighted “garment” that will enable male and female wearers to temporarily “experience” through accurate simulation, more than 20 of the typical symptoms and effects of pregnancy. Through this hands-on, experiential type of learning, wearers find out what it feels like to be pregnant, and gain a realistic understanding of the changes and demands imposed by the pregnant condition. Following are some of the symptoms and effects that can be felt by wearing The Empathy Belly® for 10 minutes or longer: body weight gain of 35 pounds; pregnant profile of enlarged breasts and protruding abdominal belly; continuous pressure on the abdomen and internal organs; postural changes of the back with an increase in “pelvic tilt”; shift in one’s center of gravity; low backache; mild “fetal” kicking and stroking movements; shallow breathing capacity and shortness of breath; increase in body temperature, pulse and blood pressure; a flushing sensation and increased perspiration; awkwardness in all body movements; pressure on the bladder, with increased sense of urgency and frequency of urination; increased fatigue, slowed pace and restricted activity. The Empathy Belly® simulates these effects through the use of a “rib belt” and the strategic positioning of various weighted components; this is a strictly external garment, and does NOT have ANY mechanical, electrical or electronic components. Handling or wearing The Empathy Belly® will be done on a strictly voluntary basis, and will be done only while under the careful supervision of a trained and authorized instructor.

Individuals who weigh less than 100 pounds, or more than 300 pounds, should **NOT** use this device. Individuals with certain medical conditions or preexisting injuries might be put at risk by handling or wearing The Empathy Belly®. The following checklist is intended to help identify such individuals who might be put at risk, and who should therefore **NOT** use this device. If you (or your child) desire to handle or wear The Empathy Belly®, **indicate here if you (or your child) currently have any of the following medical conditions or health impairments:** (Check either YES or NO)

	<u>YES</u>	<u>NO</u>
1. Confirmed pregnancy, or the possibility of pregnancy.....	_____	_____
2. Chronic back pain, or disorders of your back, spine, neck or pelvis (including, but not limited to, scoliosis, sciatica slipped or ruptured discs, etc.).....	_____	_____
3. Any fractured or broken bones, or joint dislocations.....	_____	_____
4. Any serious strains (muscle-tendon damage) or serious sprains (ligament damage).....	_____	_____
5. Damage and serious weakness in your ribs, knees or ankles.....	_____	_____
6. High blood pressure, dizziness, fainting or vertigo.....	_____	_____
7. Asthma or any other respiratory disease or breathing difficulty.....	_____	_____
8. History of heart problems or disease (including, but not limited to, heart attack, stroke, angina, etc.....	_____	_____
9. Epilepsy or a history of convulsions.....	_____	_____
10. Bladder disorders, weakness or infection.....	_____	_____
11. Any serious abdominal skin bruises, wounds, or recent scars.....	_____	_____
12. Any serious weakness or disorder of your abdomen’s internal organs (including, but not limited to, hernia, enlargement of liver or spleen, infections.....	_____	_____
13. Any other medical condition for which your physician has advised you to avoid strenuous activity	_____	_____

WARNING: Handling or wearing of this product in the presence of any of the above conditions may cause them to get much worse or may cause injury. If you have answered YES to ANY of the above questions, or if you (or your child) have any other abnormal health condition that you believe might put you (or your child) at risk, then YOU (OR YOUR CHILD) ABSOLUTELY SHOULD NOT HANDLE OR WEAR “The Empathy Belly”® Pregnancy Simulator.

The weight gain and respiratory changes common in pregnancy (and in the simulation of pregnancy) naturally impose significant physical demands on the human body. While experiencing any strenuous activity, especially those involving the handling or wearing of weighted components; there is always the possibility of a strain-sprain injury, particularly if an individual does not behave cautiously. MISUSE of The Empathy Belly® could cause serious, permanent damage. Therefore, to minimize any risk of injury while wearing The Empathy Belly®, **the wearer should understand and maintain the following precautions:**

1. **DO NOT** act recklessly or frivolously.
2. **DO NOT** simultaneously twist side to side while bending over.
3. **DO NOT** make any abrupt, jerky or swift movements in any direction.
4. **DO NOT** bend over without bending knees (use squatting position).
5. **DO NOT** bounce, jump or run.
6. **DO NOT** wear high-heeled or slippery shoes.
7. **DO NOT** go on stairs, steep inclines or slippery surfaces.
8. **HANDLE CAREFULLY** all weighted components of this device at all times.
9. **IMMEDIATELY DISCONTINUE WEARING THIS DEVICE** if you feel any sharp pain, dizziness or other adverse effect; consult a physician if necessary.

I have studied and understand all of the teacher training materials provided by the manufacturer concerning the correct, effective and safe usage of the teaching aid, “The Empathy Belly”® Pregnancy Simulator. I have been specifically authorized as a qualified instructor to handle and demonstrate this device. I agree to follow all instructions and precautions of the manufacturer. I agree to carefully supervise the below named individual at all times while he/she is wearing The Empathy Belly®.

Supervising Instructors Printed Name Signature Date

I have read and understand the above description of “The Empathy Belly”® Pregnancy Simulator, its intended and potential effects, benefits, avoidable risk factors, and the reasonable precautions to be maintained while wearing this teaching aid. I voluntarily agree (or permit my child) to wear The Empathy Belly® for purposes of my (or my child’s) own benefit. I (or my child) agree(s) to follow the instructions and precautions stated above. I assume all risk and liability for any injury or damage to me (or my child) that might arise out of my (or my child’s) handling or wearing of The Empathy Belly®. I hereby release and forever discharge the manufacturer of The Empathy Belly®, the purchaser and the instructor, from all claims of injuries or suits of any kind arising from my (or my child’s) use of the Empathy Belly®.

Wearer’s Printed Name Signature Date
(or if Minor, Signature of Parent/Legal Guardian)