



Disclaimer

I understand and I am aware that outdoor exercise, including the use of equipment, is a potentially hazardous activity. I also understand that exercise and fitness activities involve a risk of injury and that I am voluntarily participating in these activities and using equipment with the knowledge of the dangers involved. I understand that Quit the Gym operates outdoors and on surfaces that are uneven and sometimes slippery and inherently dangerous.

I hereby agree to expressly assume and accept all and any risks of injury whilst training with Quit the Gym. I am aware that I have the right to request advice from any of the Quit the Gym instructors at any time. If I choose not to take advice, or to disregard any advice given, I do so voluntarily and accept liability for any and all resulting injuries or damage.

I hereby declare myself to be physically sound and suffering from no condition, impairment, disease or infirmity or other illness (other than those declared on this form) that would prevent my participation in an exercise class or use of exercise equipment.

I acknowledge that I have either had a physical examination and have been given my doctor's permission to participate, or that I have decided to participate in physical activity, including the use of exercise equipment, without the approval of my doctor and do hereby assume all responsibility for my participation in said activities.

I understand that Quit the Gym accepts no responsibility for valuables left either in instructors' vehicles or unsupervised in the park.

Name:

Signature:

Date:

Email Address:

Contact number:

Declarations (if applicable):