



Sapphire Coast

Personal Responsibility Acknowledgement

For participants in Classes involving Outdoor or Physical Activity

It is important to remember that U3A classes are conducted by volunteers and, while every effort will be made to follow safe practice, any physical activity comes with a level of risk and **you** are responsible for your own health and well-being. You participate at your own risk and you must ensure that you have enough information to decide whether you are capable of participating without endangering yourself or others. Specifically you must:

- Be aware of your own capabilities and consult a medical professional if necessary before undertaking any physical activity involved in a class
- Advise the course or group leader of any potential problem areas
- Work at your own pace and within your own capabilities
- Wear appropriate footwear and loose comfortable clothing
- Be aware of the weather and any risks associated with it (including sunburn)
- Bring water and ensure you are well hydrated.

Please sign the form below acknowledging that you have read and understood the information provided above.

I have read the information provided above and understand that, in voluntarily participating in [insert name of course/activity], while every care will be taken by the Course/Group Leader to ensure my safety, my participation in this activity/course may expose me to risks that could lead to injury or other loss. I am solely responsible for assessing those risks and withdrawing from the activity/course if I do not accept them.

I acknowledge that I am responsible for exercising within limits appropriate to my state of health, and that I am responsible for ascertaining such limits from an appropriately trained person such as a medical practitioner.

Name Signature.....
Please Print

Date

Course Leader's Note: This form is to be retained with the class Attendance Sheet and returned to the Course Co-ordinator at the end of term.