

PAR-Q discrepancies and liability statement.

Please read thoroughly before signing.

RISKS AND DISCOMFORTS OF THE EXERCISE SESSIONS

The reaction of the cardiovascular and other body systems to such activities cannot always be predicted with complete accuracy. Therefore, there is a risk of certain changes occurring during or following the exercise. These changes include alterations to blood pressure and heart rate. A doctor will not be present during exercise sessions so should you observe or feel any adverse signs or symptoms, you should stop your exercise programme immediately.

LIABILITY

For many conditions that you may answer **YES** to on a PAR Q or similar health screen we can only follow written advice given to us from a GP/Physiotherapist.

Without this written guidance we cannot medico legally give consent to neither exercise nor are our fitness instructors qualified to give advice on an exercise programme for people with these conditions.

We can instruct and give advice on how machines (and exercises) are used (or conducted) safely to reduce the chance of musculoskeletal injury but not give prescriptive advice for those conditions.

Should you choose to exercise without consent or guidance from a GP it is entirely at your discretion and we can not be held liable for any condition-related problems that may occur.

Declaration:

I understand that certain elements of exercise may be physically demanding and accept full and complete responsibility for my own wellbeing, understanding that I may cease my participation at any time.

I understand that there is a risk of injury, health problems and death and, therefore, hold the trainers / fitness instructors and Southdowns college free from liability for problems that may result from participation in exercise.

ENQUIRIES

Before signing this form please feel free to ask any questions regarding any aspect of the programme that may be unclear to you.

I have read and understood the statement above and consent to participating in exercise at my own discretion.

Signed:

Date: