

Sports Centre Membership Application Form, Cont.

I wish to become a member of the Newman University College Sports Centre.

DISCLAIMER

I fully understand that I am responsible for monitoring my physical condition throughout any activity undertaken at this facility. I understand that any exercise programme is designed to gradually increase the workload of my cardio-respiratory system and accept that my reaction to the programme cannot be predicted with complete accuracy and that there is a risk that adverse effects may be experienced during, or after, participation in the exercise programme, including abnormalities of heart rate and/or blood pressure etc. Should any unusual symptoms occur, I will immediately:

- a) refrain from participation in the activity and
- b) inform an appropriate member of staff of the symptoms experienced.

I accept that I enter into any activity on the premises entirely at my own risk, and in the absence of negligence on the part of the University College, I will hold blameless Newman University College its servants or agents (including any independent contractor) for loss or damages resulting from, but not limited to, death or injury incurred during or arising from any activity undertaken on these premises.

I agree to comply with all rules relating to the use of the Fitness Centre, the equipment and machines.

I accept that the University College reserves the right to ask any user to leave the premises and terminate their membership, without recompense, in the event of inappropriate behaviour, lack of respect to the facility and for my own health benefit.

I understand that I must inform a relevant member of the facility of any subsequent changes to the information originally provided in the Health Questionnaire.

I understand that I must read and sign this form before undertaking any session and accept full responsibility for my own health/well being.

I agree to pay the relevant membership fees.

Signed _____ Date _____