the ON-SITE gym

**GYM USER DISCLAIMER FORM**

**NOTICE**: This Disclaimer form is a legally binding contract and by signing this agreement you are waiving important legal rights in consideration of being permitted to use the fitness facilities of St Antony’s College Gym. The person named below does voluntarily sign this disclaimer aware of the inherent risks in physical activity.

**EXPRESS ASSUMTION OF RISK**: In full recognition of the inherent risks in the undertaking of physical exercise, I do confirm that I am physically and mentally capable of using the equipment and facilities of St Antony’s College Gym.

I participate voluntarily and DO ASSUME FULL RESPONSIBILITY for damage, loss or injury to myself. I ASSUME THE RISKS of personal injury, accident or illness, including but not limited to sprains, wounds, torn muscles or ligaments, fractured or broken bones, contusions, cuts or abrasions, neck and spinal injuries, head injuries, eye injuries, shock, paralysis, or death. I ASSUME SUCH RISK even if the injury or damage is caused by the negligence of others. I hereby acknowledge the aforementioned risks are examples only and that there are many other risks of potential injury and/or hazards involved in using fitness equipment.

**WAIVER AND RELEASE:** I do hereby knowingly and intentionally waive and release St Antony’s College from any claims for injury or damage which results from my use of the facilities, and voluntarily waive, release, indemnify and do hold harmless St Antony’s College and its agents, employees and officers from any actions, claim or suit for loss or liability which I or my successors, heirs or assigns may have for any injury, paralysis, loss or death to myself arising out of or related to my use of the facilities, whether or not caused by a released party.

I confirm I have read and agree to abide by the conditions of this disclaimer.

I HAVE HAD SUFFICIENT OPPORTUNITY TO READ THIS ENTIRE DOCUMENT. I HAVE READ AND UNDERSTOOD IT, AND I AGREE TO BE BOUND BY ITS TERMS.

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signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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