



Harlow & Surrounding Areas  
"Learn, Laugh, Live"

## Harlow U3A - Physical Activity Disclaimer Form

Physical activity is one way of staying fit and healthy. However, whilst taking normal precautions, providing reasonable help and assistance as necessary, neither Harlow U3A, nor the Leader/Organiser of the group can accept responsibility for any circumstances affecting the Health or Safety of individuals.

Groups organised by U3A Groups automatically receive public liability insurance cover through the Third Age Trust, provided the leaders are U3A members. This is designed to protect leaders against claims for damage to property and, injury or death which might have been occasioned during an activity. This is NOT a personal accident insurance and accordingly participants are responsible for their own Health and Safety and the safe keeping of their equipment, clothing and belongings.

Participants should follow the advice/instructions of the Leader to minimise any risk to themselves and should also ensure that they do not endanger any others in the party.

If you do have any of the following medical conditions you should seek medical advice before you commence any physical activity, e.g. walking, with the group

Heart disease

High blood pressure

Diabetes

Asthma

Emphysema

Chronic Bronchitis

Bone or joint problems

I have read, understood and accept the foregoing Disclaimer.

Please print your Name(s) in Block Letters, then Sign and Date below.

NAME(S) \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

Form Updated May 7<sup>th</sup> 2020