

ISLE OF ARRAN u3a **ACTIVITIES AND OUTINGS AGREEMENT**

Members participate at own risk

Members participating in group exercise activities and outings do so at their own risk. As a result, Members should be confident that they are fit enough to do so. If in any doubt members should seek medical advice and discuss with the group leader.

Members must therefore take full personal responsibility for the decision to participate.

Declaration

I have read the above information regarding participation in u3a activities and outings and understand that it is up to me to make sure that I can do the activity and outing safely.

I am solely and fully responsible for my decision to take part.

Group

Name

Signature

Date

Note that although Isle of Arran u3a activities and outings are covered by third party Public Liability insurance, there is NO personal accident insurance cover. You may wish to check with your personal insurers whether they cover you for these activities.