



## **Clare College Gym: For all users of the gymnasium**

Your name .....(Printed)

I declare that I believe that I am of an appropriate level of physical fitness to safely engage in physically demanding activity. I have completed the activity readiness questionnaire and know of no condition, medical or otherwise, that would inhibit my use of the gymnasium. I accept that I use these facilities at my own risk, and that I have been informed of the hazards that are part of the risk assessment which I have read.

I confirm that I have been given an introduction in safe use of the equipment by the current student representative who has experience of using the gymnasium equipment safely.

If I suffer from any condition that may impair but not prohibit my use of this facility, I have given details of this on the activity readiness questionnaire. I will not partake in any activities that are beyond my level of fitness or experience.

By signing this declaration, I confirm that I have read and will abide by the rules of the gym, and accept that they may be subject to change at any time, at the discretion of the relevant authority, with due notice.

Signed: .....

Date: .....

Year: .....

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### **For office use only:**

Signature : ..... Inductor/student representative    Date: .....

*This person has been added to the register of gym users kept at the Colony Porters Lodge and advised how to gain access to the gym via the Porters Lodge at the Colony*