



Coffs Harbour U3A Inc.
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January 2023

Acknowledgement of Risk for Physical Activity Course Participants

In voluntarily participating in the “.....”
Course, I am aware that my participation in this activity may expose
me to risks that could lead to injury or other medical consequences.

1. I acknowledge that I am solely responsible for exercising within
limits appropriate to my state of health, and that I am solely
responsible for ascertaining such limits from an appropriately
trained person such as a medical practitioner.
2. I agree to indemnify the group course leader(s) and Coffs
Harbour U3A Incorporated from any liability in respect to injury
or medical consequences resulting from my participation in the
course to the extent permitted by law.

Signed

Dated

Printed Name

Membership No.