



SISU Racing Reasonable waiver form

Name:

I (name) understand that my participation in the camp and subsequent exercise programmes, classes or events and any related activity conducted by SISU Racing is voluntary and at my own risk. I am aware that exercise can be physically stressful and, in certain instances, can even result in injury or cause death.

The levels of exercise that I will perform will be at my own pace, based upon my cardio-respiratory (heart & lung) fitness, muscular strength and endurance. I hereby state that I will inform the coach of any symptoms (e.g. fatigue, shortness of breath, chest discomfort, any pain/discomfort/concern for my safety/benefit) during my participation in exercise.

If I have high blood pressure, diabetes, a heart condition, an existing injury, recent surgery or if I am taking any prescribed medications that could affect my performance, I will inform the coach prior to participating in the camp.

I understand that I will be given instructions on how to perform an exercise and use equipment and I will ask the coach any questions if I do not understand.

SISU Racing, and the associated Professional Coach, will not be liable for any injuries or damage arising out of participation or use of facilities to the undersigned. It is agreed that SISU Racing, and the associated Coach, shall not be responsible or liable to the undersigned for articles lost or stolen whilst making use of the facilities or for any personal injury caused.

Emergency contact name;

Contact Number;

Relationship to Athlete;

I acknowledge that I have read this document in its entirety and understand the above. I have had the opportunity to ask questions and receive answers.

Athlete Signature:

Date:

Print Name:

