

Health Statement

I fully understand the active nature of the programme and the risks associated with physical exercise and use of spa facilities. I accept responsibility for my health and well-being on the voluntary exercise programme and related tests I am about to undertake. I understand no responsibility will be assumed by the leaders of the programme / the instructors of DCU Sports Complex arising from any accident, injury or loss sustained by me as a result of activities at or present in DCU Sports Complex. I understand that I am advised to undertake the complimentary personal training session / gym induction program provided by DCU Sport before using the fitness centre / undertaking a new exercise regime.

