

Declaration of Health, Consent and Non-Liability



I, _____ of _____

Date of Birth:- _____ do declare that:

- I am a fully paid up member of Kilmacud Crokes GAA Club and Kilmacud Glenalbyn Sports Club. I am aged 18 years or over.
- I am in good health, and free from any illness or condition that might reasonably be expected to be aggravated by participating in an exercise programme.
- I have obtained instruction from a suitable qualified coach in terms of use of the gym and competitive exercise.
- I haven't been told by a doctor or other medical professional that I should not engage in exercise.
- I have no back pain or known muscular-skeletal problems of which I am aware which might reasonably be expected to cause a problem when engaging in an exercise programme.
- I understand the risks involved in using the gym and competitive exercise. As such there is a risk of injury involved.
- I have received instruction in correct use of the equipment.
- That a spotter/coach or supervisor may stop me from exercising if she/he feels my form is likely to cause me an injury, and that I consent for him/her to do so.
- I will take ultimate responsibility for my own actions and safety during every workout, and I will not hold Kilmacud Crokes GAA Club or anyone owning, operating or working for that entity or trading under that name responsible for any adverse consequences arising out of my participation.
- I recognise and agree that it is up to me, during any given workout, to realize the limits of my own athletic ability and accordingly to modify the exercises and monitor my own performance during same.
- I will comply with all the rules and regulations of Kilmacud Crokes GAA Club Gym including no unaccompanied usage. I have read the gym rules.
- I agree to pay 25€ towards the purchase of the fob.

Signed: _____

Date: _____