



ACKNOWLEDGEMENT OF RISKS 2022

To complete your enrolment in one or more of the courses below, please tick the courses you are doing and sign this form and hand it to one of the group leaders, or to Reception, before taking part in the activity. *Please note: the Cycling groups have a separate Acknowledgement of Risks form.*

- 22ARTS40 Digital Photography 1 (Monday) – Michael Gordon & Noel Speering
- 22ARTS41 Digital Photography 2 (Wednesday) – Karin Watts & Alan Scott
- 22EXE030 Social Table tennis – John Carmichael
- 22FIT001 Pilates – Kathy Manderson
- 22FIT002 Exercise and Stretch – Andrew Weatherhead
- 22FIT003 Go4Life – Graham Morgan-Elliss
- 22FIT010 Yoga – Thursday – Ray Clarke
- 22FIT012 Monday Yoga – Tim Race
- 22OUT001 Shorter Walks on Wednesday - Marg Deighton
- 22OUT002 Metro walks - Short Walks on Tuesday – Lorraine Doyle
- 22OUT003 Wednesday Weekly Walk and talk – Janet Gromer & Elisa Lando
- 22OUT004 Moderate Walking Group –Franz & Inge Hanke
- 22OUT005 Walking with Poles – Nigel Flannigan
- 22OUT020 Bird Watching Walks – Pat Bingham

In voluntarily participating in this activity, I am aware that my participation may expose me to risk that could lead to injury or loss or damage to property.

To minimise risk, I will endeavour to ensure that:

- This activity is within my capabilities; and
- I will carry food, water and equipment appropriate to the activity; and
- I will advise the Course Leader if I am taking medication or have any physical or other limitation that might affect my participation in the activity.
- I will make every effort to remain with the rest of the party during the activity and will accept instructions from the Leader.

I have read and understood these requirements. I have considered the risks before choosing to sign this Acknowledgement of Risk. I still wish to join this activity.

I accept that in signing this form I will take responsibility for my own actions.

Name: (Please print) Member No:

Signed: Date: