

Sports, Physical Activity and Outings Disclaimer

- I confirm that I am a current member of Banstead Area u3a and wish to participate in sports, physical activities and outings organised by its activity groups.
- I understand that participation in sports and physical activities involves inherent risks, including the risk of injury.
- I confirm that I am medically fit and able to take part in such activities.
- I participate entirely at my own risk.
- I accept responsibility for my own health, safety, and personal belongings.
- I agree to follow safety instructions given by the activity instructor as applicable.
- I understand that activity organisers are volunteers.
- I accept that Banstead Area u3a and its volunteer organisers are not liable for injury, loss, or damage sustained during participation, except where caused by proven negligence.

☐ Please tick to confirm you have read and agree to the above statements:

Participant Name (Print): _____

Signature: _____

Date: _____

Emergency Contact Name: _____

Emergency Contact Telephone: _____

Data Protection Personal information provided will be used solely for administration and emergency contact purposes and will be handled in accordance with UK GDPR.