

**THE UNIVERSITY OF HONG KONG**  
**Institute of Human Performance**  
**RELEASE / ASSUMPTION OF RISK AGREEMENT**



INSTITUTE  
OF HUMAN  
PERFORMANCE



運動及潛能發展研究所

In consideration of gaining access to the Fitness Centres in the Institute of Human Performance, The University of Hong Kong, I do hereby waive, release, and forever discharge the Institute of Human Performance and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting from my participation in and usage of the Fitness Centres. \_\_\_\_\_(Please initial.)

Also, in consideration of the above factors, I acknowledge the existence of risks in connection with these activities, assume such risks, and agree to accept the responsibilities for any injuries sustained by my participation in and using of the facilities and/or its equipment. Most specifically, I acknowledge and accept responsibility for injuries arising out of those activities that involve risk in any of the following areas:

- The use of facility equipment
- The participation in group activities related to exercise and activity
- Incidents that occur within the institution facility, locker rooms, showers, and other areas associated with the Institute of Human Performance, HKU.

In addition, it was seriously recommended that I consult with a physician before engaging in any activities associated with the Institute of Human Performance, should my age be 45 years old and above (male) and 55 years old or above (female). \_\_\_\_\_(Please initial.)

Also, I declare that I am in good physical condition and that I have no impairment or ailment that would prevent or make it medically unwise for me to engage in physical activities. I shall follow the Rules and Regulations of the IHP Fitness Centre and I am advised to take the following guidelines into consideration during the workout:

1. **Warm-up** – Proper warm-up exercises, including aerobic and stretching activities, are advised before training any kind of physical activity.
2. **Train at your own ability** - Do not use somebody else's program, which may not be suitable for you and may cause danger to your health.
3. **Progression** – Begin training at easy/moderate intensity and then build up gradually. Seek proper consultation from IHP trainers if required.
4. **Exercise technique** – Always use correct technique. If you are not sure of a certain technique, please read the instructions posted on the machines or consult the professionals / trainers.
5. **Seek assistance** – Use a spotter to assist you when performing free weight overhead/over-face/bar across shoulders exercises. Trainers at IHP are available to assist you.
6. **Emergency** – I understand that there is an emergency phone located in the Fitness Centre. I can stop my training anytime when I don't feel well. In case of emergency, I know that I should either tell the staff on-duty or call for assistance.

I, by signing below, represent that I acknowledge full understanding of those risks set forth herein and knowingly agree to accept full responsibility for my own exposures to such risks and to waive full responsibility and liability on behalf of the Institute of Human Performance, The University of Hong Kong.

Name of Applicant: \_\_\_\_\_ Date: \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_

Parent/Guardian's signature:  
(for participants under 18 years old) \_\_\_\_\_ Date: \_\_\_\_\_

Witness' signature: \_\_\_\_\_