



Exercise General Disclaimer

You understand and acknowledge that your participation in this exercise or exercise program may expose you to inherent risks such as injury. You represent that you have consulted medical professionals before using this exercise or exercise program, and that you are in good physical condition and have no medical reason that might prevent you from participating in this exercise or exercise programme. You agree to wear appropriate clothing and footwear and to use appropriate equipment when participating in this exercise or exercise program.

You agree to observe any safety notices communicated during this exercise or this exercise program but you acknowledge that Forth Valley College of Further and Higher Education (Forth Valley College) is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition. If you participate in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Forth Valley College from any and all claims or causes of action, known or unknown.

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By continuing to participate in this exercise or exercise program you indicate that you voluntarily agree to these terms which are governed by the laws of Scotland.