

**Acknowledgement and Acceptance of the Risks Associated with the Activity  
and with Infectious Diseases**

**Participant's name:** \_\_\_\_\_ **Activity:** \_\_\_\_\_

**Teacher's name:** \_\_\_\_\_ **Activity held from:** \_\_\_\_\_ **to** \_\_\_\_\_ **(DD/MM/YYYY)**

I, the undersigned, participating in the aforementioned Activity, acknowledge and agree as follows:

**Risks posed by the Activity:**

- I hereby acknowledge that practicing the above Activity involves certain inherent risks and that these have been explained;
- I also acknowledge that these risks may vary depending on the participant's state of health, physical condition, abilities and behaviours, including respecting the training principles, the rules and the teacher's instructions;
- I also acknowledge that it is my duty to:
  - Respect the rules, directions and procedures that apply to the Activity;
  - Give the teacher any relevant information about my general health condition;
  - Not push beyond my abilities and inform the teacher if I am experiencing any unwellness, discomfort, pain, or symptoms before, during or after the Activity.
- I acknowledge that I have been informed that the Activity can be stopped at any time in case of discomfort and that the teacher may ask a participant to stop and rest if they notice any abnormal symptoms or signs of exhaustion.

**COVID-19 :**

- I am aware of the issues related to COVID-19 and acknowledge and accept that participating in the Activity increases the risk of exposure and infection to COVID-19.
- I also declare that neither I nor any person residing at the same address have experienced any symptoms associated with COVID-19 in the 10 days prior to signing this form.
- I also commit to inform the teacher without delay if I begin to experience any symptoms associated with COVID-19 or if I or any other person residing at the same address test positive to COVID-19.

**I declare that I have read the conditions and risks set out in this form.**

**Date :** \_\_\_\_\_ **(DD/MM/YYYY)**

**Participant's signature :** \_\_\_\_\_

**Name in block letters :** \_\_\_\_\_