



UOW  
COLLEGE  
HONG KONG  
香港伍倫貢學院

Part of  
UNIVERSITY  
OF WOLLONGONG  
AUSTRALIA

# UOW College Hong Kong

## User Declaration for Access to the Fitness Room

By gaining access to the Fitness Room of UOW College Hong Kong, I hereby acknowledge and accept the following terms and conditions:

### Assumption of Risk

I understand and acknowledge that there are inherent risks associated with using the fitness facilities and equipment, participating in group activities related to exercise and activity, and incidents that may occur within the institution facility, locker rooms, showers, and other areas associated with the Fitness Room.

### Waiver of Liability

I waive, release, and forever discharge UOW College Hong Kong, 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 Room.

### Personal Responsibility

I accept full responsibility for any injuries sustained during my participation in and usage of the facilities and/or its equipment. I understand that I am solely responsible for my own well-being and safety while using the Fitness Room.

### Consultation with a Physician or Doctors

I acknowledge that it is strongly recommended to consult with a physician or doctor for professional advice before engaging in any activities associated with the Fitness Room if I have cardiovascular risk factors.

### Physical Condition

I declare that I am in good physical condition and have no impairment or ailment that would prevent or make it medically unwise for me to engage in physical activities.

### Compliance with Rules and Regulations

I agree to follow the Rules and Regulations of the Fitness Room as provided by UOW College Hong Kong.



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## Workout Guidelines

I understand and agree to take the following guidelines into consideration during my workout in the Fitness Room:

- i. Warm-up: I will perform proper warm-up exercises, including aerobic and stretching activities, before engaging in any physical activity.
- ii. Train at my own ability: I will not use somebody else's program and will choose exercises and intensity levels that are suitable for my own health and fitness.
- iii. Progression: I will begin training at an easy/moderate intensity and gradually increase the intensity as appropriate. I will seek proper consultation from professionals/trainers if needed.
- iv. Exercise technique: I will always use correct technique and, if unsure, will refer to the instructions posted on the machines or consult the professionals/trainers.
- v. Emergency: I will stop my training if I don't feel well and, in case of an emergency, I will either inform the staff on-duty or call for assistance.

By accepting these terms and conditions, I acknowledge that I have read and understood the risks involved in using the Fitness Room and agree to accept full responsibility for my own exposures to such risks. I also waive full responsibility and liability on behalf of UOW College Hong Kong.

Please sign below to indicate your acceptance of these terms and conditions:

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Name:

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Student/Staff ID:

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Signature:

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Date: