



THE UNIVERSITY OF HONG KONG
Centre for Sports & Exercise

RELEASE / ASSUMPTION OF RISK AGREEMENT

In consideration of gaining access to the Fitness Centres in the Centre for Sports & Exercise, The University of Hong Kong, I do hereby waive, release, and forever discharge the Centre for Sports & Exercise 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.

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 Centre for Sports & Exercise, HKU.

In addition, it is seriously recommended that I consult with a physician before engaging in any activities associated with the Centre for Sports & Exercise, should my age be 45 years old and above (male) and 55 years old or above (female), or should I have more than two cardiovascular risk factors.

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 CSE 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 CSE 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 CSE 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 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 Centre for Sports & Exercise, The University of Hong Kong.



香港大學運動中心

承擔風險同意書

為了使用香港大學運動中心(CSE)轄下之體能訓練中心，本人在此聲明將永久放棄、豁免、撤回追討任何香港大學運動中心職員、僱員、代表、執行人員，因參與或使用健身設施而造成的任何創傷或損害的權利。

另外，考慮以上因素後，本人知悉參與以上活動帶有潛在性的危險，並同意承擔因參與活動或/及使用設施而引致受傷的責任。更具體來說，本人得悉並願意承擔因參與以下帶有危險性的活動而引致受傷的責任：

- 使用場地設施
- 參加與體力活動及運動有關的團體活動
- 所有於 CSE 的設施、更衣室、淋浴設施及其他與 CSE 有關的地方所發生的事項

另外，CSE 強烈勸籲若本人為四十五歲或以上的男性或五十五歲或以上的女性，在參與任何 CSE 舉辦的體力活動前，應先諮詢醫生意見。

本人聲明身體狀況良好，並且沒有任何損傷或病痛以致阻礙本人進行運動。本人將遵守 CSE 體能訓練中心的規則及條款。運動時，本人被建議遵行以下指引：

1. **熱身** - 建議在進行任何運動前先進行適當的熱身運動，當中包括帶氧及伸展運動。
2. **按能力訓練** - 不要使用其他人的訓練計劃，這未必適用於閣下及可能構成危險。
3. **循序漸進** - 先由較輕鬆的訓練開始，然後才逐漸增加訓練強度及訓練量。如有需要，可向 CSE 教練諮詢。
4. **練習技術** - 以正確的動作技術進行訓練。若閣下不肯定技術是否正確，請於訓練前先參考機器上的指示或詢問專業人士/教練的意見。
5. **尋求協助** - 使用啞鈴、槓鈴及負重鈴片進行頂上/面上/槓鈴橫越肩部的練習時，應有保護者從旁協助。如有需要，可向 CSE 健身室註場職員要求協助。
6. **緊急情況** - 本人知悉體能訓練中心內緊急救助電話的位置。感到不適時，本人可以隨時終止訓練。如發生緊急事件，本人應告訴當值職員或致電求助。

本人完全明白上述的潛在危險，並同意承擔一切責任及免除香港大學運動中心負上任何責任。