

## Disclaimer

Exercise Disclaimers for Children, Families and Adults Participating in St Helens Wellbeing Service, City Health Care Partnership.

This disclaimer covers all written information sheets, pre-recorded fitness videos and live exercise sessions.

### Children

To the best of my knowledge the above named child can fully participate in exercise. I am aware of the risks of injury from participating in exercise and the hazards connected with exercise for my child(ren) and my child(ren) hereby voluntarily elects to participate in exercise activities. I assume full responsibility for any risks of loss, property damage or personal injury that may that may be sustained by my child(ren) or any loss or damage to property owned by me or my child (ren) as a result of being engaged in exercise activities regardless of who caused the accident. Children should be supervised by a responsible adult at all times during their activity session.

### Adults

Before taking part in exercise:

- We strongly recommend that you consult with your GP before beginning any physical activity/ exercise programme.
- You are voluntarily taking part and should be in good health with the ability to choose the physical activity level for your own ability. We cannot advise you individually during your exercise and suggest you seek further guidance from a qualified fitness instructor if you are unsure.
- Be aware that participating in exercise can cause physical injury and by joining this exercise you do so at your own risk.
- You are assuming full responsibility for any risks of loss, property damage or personal injury that are sustained by you or any loss or damage to property owned by you as a result of being engaged in exercise activities, regardless of who caused the accident.
- City Health Care Partnership will not be responsible or liable for any injury or harm sustained as a result of you participating in this exercise videos, fitness programme or information sheets shared on our digital platforms.
- You are advised to complete a health screening with one of our physical activity team to discuss the suitability of the exercises. If you have not completed both of these prerequisites then you should not participate in the exercises until you have done so.

### Please remember

You should not exercise if you are feeling unwell, dizzy, sick, or in any pain or discomfort more than you feel on a regular basis. You should listen to your body and improve your fitness gently and gradually. It is your responsibility to ensure your own safety and well-being whilst you exercise. Do report if you experience any unusual symptoms during or after exercise to your Lifestyle Advisor, Practice Nurse, GP or other Health Professional.

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[StHelensWellbeing.org.uk](http://StHelensWellbeing.org.uk)

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