



## The Highgate Literary & Scientific Institution

**CONFIDENTIAL**

### Health check list for exercise classes

**To be completed by all students undertaking any fitness or exercise class before starting the course.**

It is essential to understand that by signing up for any of the fitness or exercise courses put on by the Highgate Literary and Scientific Institution, you may be at risk of physical injury. This being the case we ask you to complete the health and fitness declaration below before starting any exercise class and to let the instructor know immediately if you sustain any injury.

Thank you for your cooperation.

Name:

Address:

Email address:

Telephone number:

#### Health and Fitness Declaration:

***If necessary, I will seek medical clearance to attend any HLSI exercise/fitness class. I understand that whilst every care will be taken to give safe instruction, I accept full responsibility and consider myself fit to exercise. I understand that I attend exercise/fitness classes at my own risk. I undertake to keep the instructor and HLSI updated of any injury sustained during the course.***

Signature:

Please print your name:

Date: