

## INDEMNITY

I understand that physical exercise of any form, is a potentially hazardous activity. I understand that fitness activities involve a risk of injury and even death, and that I am voluntarily participating in the activities organised by Indian Women's Association with knowledge of the dangers involved.

I declare that I am physically fit and that I do not suffer from any condition, impairment, disease, infirmity, or other illness that would prevent my participation in the fitness activities. I am aware that I may discontinue participation in the program at any time that I see fit to do so.

I agree that if at any time I experience dizziness, discomfort or pain of any type, I will stop exercising, participating in the club activities immediately and consult a medical practitioner.

I assume all risks associated with the exercise and workout programs and for any physical injury or damage that may arise out of my participation in the training program or that may result from the use of the training or any activity organized by the IWA Fitness Club.

I indemnify and hold harmless Indian Women's Association and its members, from and against all liability, including death, and for any claims, demands, actions, loss, and damage arising out of or in any way connected with my participation.