



Ente per il Diritto allo Studio Universitario
dell'Università Cattolica

Residenza Gasparini and Collegio Sant'Isidoro

WAIVER FORM ACCESS AND USE OF THE FITNESS AREA

Since *EDUCatt - Ente per il Diritto allo Studio Universitario dell'Università Cattolica* - does not know and is not able to verify your physical and health conditions, in relation to the performance of non-competitive sporting activities, before starting any kind of workout program, you are **NECESSARILY** requested to make sure you can engage in physical activity in the Fitness Area of your University Residence, and you will have to get a medical certificate declaring your eligibility to non-competitive physical activity from a sports medicine specialist or a doctor from *CONI*, the Italian Federation of Sports Medicine.

Yet, you should always consider that any kind of physical activity is strongly discouraged in the presence of the following issues or symptoms are present: heart problems, chest pain, loss of balance due to dizziness, loss of consciousness, bone or joint issues, blood pressure problems, and/or any other symptom or health issue for which physical activity is advised against by a doctor.

I, the undersigned,

Surname _____ Name _____

DECLARE TO ASSUME ALL RESPONSIBILITY REGARDING THE USE OF THE FITNESS AREA FACILITIES OF THE RESIDENCE.

I ALSO DECLARE TO RELEASE *EDUCATT* FROM ANY RESPONSIBILITY FOR ANY ACCIDENTS OR DAMAGES THAT MAY RESULT FROM THE USE OF THE FITNESS AREA OF THE RESIDENCE.

Place

Date

Legible signature
