

# Safety and Indemnities

- 1. If you have any existing medical conditions, injuries or musculoskeletal problems, talk to your doctor before continuing with any physical activity programme. You should not participate in this session if doing so could worsen your condition(s). Stop immediately if you are feeling any pain or discomfort during physical activity.**
- 2. You understand and agree that whilst reasonable precaution will be taken by Sport Singapore (SportSG) to ensure your safety, you agree to use our facilities or services and participation in any of our activities or programmes at your own risk.**
- 3. You confirm and agree that you will not hold SportSG, its servants or agents liable for any loss or personal injury, including death, suffered by you arising from your use of our facilities, our services or your participation in any of our programmes, except where such loss, injury or death is caused directly by the gross negligence of SportSG.**
- 4. You further agree and undertake that if in the course of your use of our facilities or services or your participation in any of our programmes you cause any loss, damage or injury (including death) to any person or cause any loss or damage to any property of any person or SportSG, you shall indemnify SportSG against any claims, actions, losses, costs or expenses arising therefrom.**