

<聲明與免責聲明 Notice and Disclaimer>

1. 本人願意免除在本活動的導師、工作人員 (全部統稱「Lifexplore HK Centre」) 的責任。
2. 本人明白活動牽涉體能運動，據本人所知悉，並無任何健康或其他理由導致本人不宜參加是次活動。本人健康狀況良好，並無隱瞞任何既有之健康或心理問題或過敏症。
3. 本人願意接納及完全承擔一切風險及危險，以及風險及危險可能造成的人身傷害、死亡、財物損毀或損失。
4. 免除「Lifexplore HK Centre」就本人或本人家屬因本人參與活動而基於任何原因所蒙受或招致的任何損失、損毀、受傷或支出負上責任。
5. 本人同意及容許「Lifexplore HK Centre」在活動中有拍照或錄像拍攝作記錄及宣傳用途。
6. 本人同意及容許「Lifexplore HK Centre」使用本人的個人電郵/電話，用作日後活動的通知。
7. 本人同意在活動之前及進行時，遵守「Lifexplore HK Centre」教練及工作人員的指引及指示。
8. 本活動不包括保險，建議參加者應有責任自行購買個人之意外保險，以提供更全面的保障。

1. I would like to be exempted from liability instructors, the staff of this activity (all collectively, the "Lifexplore HK Centre") of.
2. I understand that the activities involve physical movement, as far as I know, there are no health or other reasons cause I should not participate in the event. I am in good health and have not withheld any existing psychological problems or the health or allergies.
3. I am willing to accept and fully assume all risks and dangers, as well as the risks and dangers may result in personal injury, death, property damage or loss.
4. Exempt from any loss, "Lifexplore HK Centre" on me or my family because of my participation in activities for any reason, suffered or incurred, damage, injury or expense responsibility.
5. I agree and permit 'Lifexplore HK Centre "have photographs or video shoot for recording and publicity purposes in the activity.
6. I agree and permit 'Lifexplore HK Centre "use my personal e-mail / phone, used for notification of future activities.
7. I agree conducted before the event and when, to comply with "Lifexplore HK Centre 'coaches and staff guidelines and instructions.
8. This activity does not include insurance, we recommend participants should be responsible for the purchase of their own personal accident insurance, in order to provide more comprehensive protection.