



Disclaimer Group Events /Activities

The organisers welcome all who wish to participant in *Operation Transformation* Event(s) and/or activities.

As with all exercise plans and activities participants are advised to consult their Doctor before taking part. All participants acknowledge that they take part at their own risk.

By taking part in this event and/or activity, all participants are deemed to have agreed to the terms and conditions contained in this disclaimer, and agree that *Operation Transformation*, the Group Leaders, and organizers are exonerated from any liabilities and claims, including but not limited to liabilities and claims as a result of any injuries. loss or damages that may arise.

Further, the participant agrees to assume all risks associated with the event / activity and indemnifies *Operation Transformation*, the Group Leaders and organizers against all claims arising from his/her participation.