

Personal Liability Statement

Wim Hof Method Fundamentals Workshop

I, Corin Ridout, will see to it that the Wim Hof Method activities are carried out safely and correctly. However, I cannot assess the health risks particular to individual participants. Participants are notified about the health risks in advance via a written statement. I point to their personal responsibility and advise to consult their personal physician should the medical questionnaire prompt any potential issues. It is ultimately up to the participants to determine whether they are fit to take part.

Personal Liability Statement

“I hereby declare that I participate in the activity voluntarily and entirely at my own risk, I shall not hold Corin Ridout liable for any damage and/or injury resulting from participation in the Fundamentals Workshop”

Health Declaration

“I hereby declare that I have been adequately informed about the particulars of the WHM activity beforehand, and that I am in good physical and mental condition. I shall not hold Corin Ridout liable for any damage and/or injury resulting from participating in the Fundamentals Workshop

“My participation is entirely at my own risk”

Name:

Date:

In case of an emergency, please call:

Signature: