



General Consent Form (Adults)

I, _____ (name), declare I am aware that the practice of physical activities may cause injuries to some people, to whom physical exercise may be unsuitable. So being, it is my full responsibility to assure, in beforehand, that I have no contraindications to the practice of the activity I intend to perform.

I assume that any damage caused, directly or indirectly, by the practice of any of the school's activities is my total responsibility, and that neither the school nor its teachers are to be held accountable.

Furthermore, when using the school's transport, I am responsible for all the items I leave inside. In case any object is lost/stolen, the school will not be held responsible.

The above information is accurate and true.

Cascais, _____

The Student

(Note: a copy of the ID card is needed to confirm the information)