

# Personal Liability Statement & Health Certificate

## Wim Hof Method workshop

As Daniel Klucken, Adam Pióro, we see to it that the Wim Hof Method activities are carried out safely and correctly. However, we cannot assess the health risks particular to individual participants. Participants are notified about the health risks in advance via a written statement. We 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 participant to determine whether they are fit to take part.

### PERSONAL LIABILITY STATEMENT

"I hereby declare that I participate in the activity on 27 Oct 2024 voluntarily and entirely at my own risk. I shall not hold Daniel Klucken, Adam Pióro liable for any damages and/or injury resulting from participation in the **Wim Hof Method 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 Daniel Klucken, Adam Pióro liable for any damages and/or injury resulting from participation in the Master Module. My participation is entirely at my own risk".

Name: .....

Date: .....

In case of an emergency, please call: .....

Signature: .....