

Masaryk University
The Faculty of Sports Studies, Kamenice 5, 625 00 Brno

Keeping safe and protecting your health when doing outdoor activities through distance learning

This confirms that you do the activity at your own risk.

We recommend the following when doing the exercises:

1. do them in a way which neither threatens your safety or that of others.
2. don't drink alcohol or take other addictive substances
3. only do the exercise if you are feeling healthy
4. wear the right sports clothes for the type of exercise and be ready to change during the activity, including the right shoes, safety aids and well-adjusted kit.
5. do the exercise with an instructor or in a group
6. don't forget to have enough reserves of energy and liquids
7. make sure you are visible on the roads

Cyclists: always wear a helmet, use your own prepared bike, follow traffic rules, and preferably carry a puncture repair kit or spare inner-tube with you

In-line skating: always wear a helmet, preferably protection for your wrists, ankles and knees, keep to designated paths and keep to the right-hand side. Be considerate to others and always be able to stop in an emergency.

Hiking, Nordic walking, running: Be environmentally-friendly and considerate to other users and keep to the rules for pedestrians on roads

Declaration and Confirmation:

Before participating in a PE class, I confirm that I am medically fit and that I have no health complications and that there is no serious matter which could affect my participation in a PE class. I confirm with my signature that I have been acquainted with the documents "Keeping safe and protecting your health when doing outdoor activities through distance learning", "Risk assessment for the health and safety of students on Bachelor's, Master's and Doctorate programmes" and with measures for preventing such risks occurring – link to the internal regulations: https://is.muni.cz/auth/do/fsps/fak_predpisy/64558786/?lang=cs. I understand that this declaration is an inseparable part of studying in gym classes with full effect in the university's rules. I also understand that the university is not liable for any harm to my health that may happen in my free time and I take full responsibility for my behaviour at such times. I understand that the organisational instructions provided by the teacher or instructor are binding for me.

Please confirm your agreement here:

https://forms.office.com/Pages/ResponsePage.aspx?id=I0-Edvw3EyW9zkL1V_O6HjplQ9AGB5Lr-znJSwW2fVURVU0NkUyTk1IV0xSV1JCRTNTU0FGTjZWUy4u

znJSwW2fVURVU0NkUyTk1IV0xSV1JCRTNTU0FGTjZWUy4uQEEdvw3EyW9zkL1V_O6Hjpl
Q9AGB5Lr-znJSwW2fVURVU0NkUyTk1IV0xSV1JCRTNTU0FGTjZWUy4u