## **Disclaimer – Third Party Activities**

The online training activities provided by Volt Athletics are not considered to be sanctioned Football Canada events or activities and are therefore not covered under Football Canada's Insurance coverage.

Access to the information, instructions and content delivered by representatives of Volt Athletics (such as coaches, instructors and staff) is provided to Football Canada Members and Participants on the condition that it will not be the basis of any claim, demand, or cause for action.

Members and Participants acting on the information, instructions, or content of the Volt Athletics online programming (such as by performing actions, stretches, routines, or maneuvers) do so **voluntarily** and at their own risk. Participants are responsible for ensuring their physical environment and location is free from hazards, equipment, or other item or factor that may cause harm to the participant.

Participants will not be disadvantaged or disciplined for exercising caution and/or for declining to act on the information, instructions, or content of online programming if they reasonably believe such action may cause them risk or harm.

## Disclaimer – Viewing a Recorded Session

Information, instructions and content delivered by representatives of Football Canada (such as speakers, coaches, instructors and staff) and contained within Football Canada's online training resources (such as the Football Canada App and/or YouTube videos) is provided on the condition that it will not be the basis of any claim, demand, or cause for action.

Individuals acting on the information, instructions, or content of online training resources (such as by performing actions, stretches, routines, or maneuvers) do so **voluntarily** and at their own risk. Individuals are responsible for ensuring their physical environment and location is free from hazards, equipment, or other item or factor that may cause harm to the individual.

Participants will not be disadvantaged or disciplined for exercising caution and/or for declining to act on the information, instructions, or content of online programming if they reasonably believe such action may cause them risk or harm.