



Safety Notification and Disclaimer (for taking part in ILFA's online activities)

Participant Disclaimer/Declaration: You must read and ensure that you understand and will follow the requirements included here.

- If you are taking part in an online activity with ILFA where a potential risk to health and safety has been determined (examples include exercise classes) your participation is entirely at your own risk. The Irish Lung Fibrosis Association (ILFA) will advise you of the potential risks, however it is your responsibility to determine whether or not you are able to participate. ILFA, the physiotherapist/instructor, ILFA representative(s), and/or guest presenter(s) accept no liability.
- Please follow the advice and instructions of the person(s) leading the activity.
- Ask your doctor or qualified health care provider in advance if it is safe for you to participate in an exercise programme. Do not take part in an online activity if you are feeling unwell, have a temperature, an injury, are recovering from recent surgery or if you have been advised not to take part.
- Tell your emergency contact that you are taking part in the activity. Ideally, a family member should be at home with you at the time of the activity.

Safety Checklist / Advice: Please follow the advice in the safety checklist (below)

- Have a stable surface to put your phone/computer/laptop device on.
- Ensure you have enough space around you and that the area is safe and free from pets and hazards that might pose trip, slip and/or fall risks.
- Ensure the chair you use for any chair-based exercise and rest periods is steady.
- Wear suitable clothing and non-slip footwear.
- Keep well hydrated and have water beside you.
- Take part in the activity at your own pace and monitor your level of breathlessness. If you are feeling tired or breathless, slow down and rest if necessary.
- If you use supplemental oxygen, please ensure you have an adequate supply of oxygen to take part in online activities and the tubing is positioned safely. Use your oxygen as prescribed for you. If you are on oxygen and experience breathlessness, turn your oxygen up as per the instructions of your doctor / respiratory nurse / physiotherapist. Stop the activity if your breathlessness is more than moderate.
- You should not feel any pain. If you feel pain, dizziness or more than moderate breathlessness, you should stop the activity immediately and seek medical advice.
- **In case of emergency**, the ILFA administrator / representative may phone you and/or your next of kin emergency contact to advise you/them to seek medical help. ILFA may call an ambulance on your behalf if no-one else is available to do so. ILFA may share this information with the activity leader/instructor and/or emergency services if medical assistance is required.

Information Privacy: ILFA will only retain your personal data on file for as long as reasonably necessary to fulfil the purposes for which it was collected. For further information about how and why we use your personal data and how we keep it safe, see [ILFA's privacy policy](#).

At the end of each online event or activity we take a photo that will appear on our social media. Prior to the photo being taken you will be allowed by the host to turn off or block your camera if you don't wish to appear in the group photo.