**ASSUMPTION OF RISK AND RELEASE**

In consideration of being permitted to participate in activities at the Alabama A&M University (AAMU) Student Health & Wellness Center (SHWC), I hereby affirm and agree as follows:

1. I am over the age of 18 years, or, if not, I have parental consent as evidenced by the signature below.
2. To the best of my knowledge and belief, I am in good physical condition.
3. That I am able physically to withstand and cope with the disclosed rigors of the utilization of this facility with or without a reasonable accommodation. If an accommodation is needed, I will notify the facility director in writing. I acknowledge that I have either had a physical examination and been given my physician’s permission to participate, or that I have decided to participate in activity and use of equipment and machinery without the approval of my physician and do hereby assume all responsibility for my participation and activities, and utilization of equipment, supplies and machinery in my activities.
4. I realize there are potential physical dangers and hazards to me in my use of this facility and equipment, and also due to actions of other participants and my proximity to them in these areas. It may involve considerable risk on my part, including the possibility of injury or even death.

\*Such dangers, hazards and risks may include, but are not limited to, injuries inflicted by the following: All manner of injury resulting from falling and impacting the floor, ground, wall, and equipment, whether permanently or temporarily in place ♦ injuries resulting from activities within the AAMU SHWC including but not limited to the pool, locker rooms, weight/cardio rooms, aerobics areas, track, basketball courts, as well as other facilities used in campus recreation or intramural program delivery, outdoor fields or locations ♦ failure of exercise equipment, sports equipment, sports surface, or other Campus Recreation structure ♦ injuries caused through inappropriate technique or overuse including but not limited to tendonitis, strains, sprains, abrasions, bruises, dislocations, joint swelling, muscle aches, and fractures ♦ harm and injury, including death, shortness of breath, and light headedness, resulting from increased heart rate, increased blood pressure, and strenuous physical activity.\*

1. Therefore, in consideration of being permitted to utilize the facility/equipment and participate in activities at the AAMU SHWC, I do hereby agree to assume all the risks and responsibilities surrounding my participation there, and further, I do for myself, my heirs, and personal representative(s) hereby defend, hold harmless, indemnify and release, and forever hold harmless Alabama A&M University, it’s trustees, and all its officers, agents and employees from and against any and all claims, demands, and actions, or causes of action, which may result from my participation and which result from causes beyond the control of and/or without the fault or negligence of Alabama A&M University, its trustees, officers, agents or employees, during the period of my participation.
2. This Assumption of Risk and Release must be signed upon all new, renewal and guest memberships to participate at the AAMU SHWC.

Printed Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ A#\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

DOB:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Relationship: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Home # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Work # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Celll #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Alabama A&M University Student Health & Wellness Center RULES AND REGULATIONS**

The following are the rules and regulations of the Alabama A&M University Student Health & Wellness Center. Please share them with all those who will be using the facility under your jurisdiction so that everyone will have a safe and enjoyable experience.

**EQUIPMENT**: Some equipment that you may wish to use is stored at our front desk. Please ask the front desk attendant for equipment and check out using your ID. Please return all equipment to the circulation desk when you are done. If equipment is not returned, you will be assessed a fine to your account

**FOOD AND DRINK**: Water is the only beverage allowed on the courts, track, cardio, weight room or pool. All other food and drinks can be consumed in the lobby area. No glass containers are allowed in any area.

**FOOTWEAR**: Clean, closed toed shoes must be worn throughout the facility (accept as appropriate in the pool and locker room areas). Open toed shoes are permitted for walking on the track for medical or foot health needs.

**TRACK**: Walkers need to stay to the inside of the track while runners should pass on the outside and there should be no more than two people across. TRACK DIRECTION: If you are using the facility during regular operating hours and others are also in the building, please observe the track direction sign located on the wall near the track to the right as you enter the courts. It is easily visible. The arrow indicates the direction track users are running or walking. It is hazardous to them and to you to move in the opposite directions.

**GENERAL RULES:**

1. Members are expected to use appropriate language and behavior and to treat others with courtesy at all times.
2. Shirts and appropriate shoes are required inside of the facility.
3. Members participate at their own risk. Appropriate protective gear is always required.
4. Individuals are responsible for their personal belongings.
5. The AAMU SHWC reserves the right to limit or terminate the use of the facility by an individual in case of improper use of the facility, equipment or abusive, harassing or endangering behavior.
6. Unauthorized personal training activities are strictly prohibited in the facility.

I understand and will abide by the above stated rules and regulations at all times while at the Alabama A&M University Student Health & Wellness Center.

Signature:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_