

Fitness Center

Regis University

Acknowledgement Of Responsibility

I understand and acknowledge that my participation in activities, and use of the Regis University Fitness Center involves certain risks in injury, infection and aggravation of medical conditions or disease. Among other risks, I understand the following to be present in any physical activity and exertion conducted at the Fitness Center, and the use of the Fitness Center's facilities.

1. *There is a risk of injury, heart attack or even death as a result of exercise or other physical activity or exertion.*
2. *Use of common showers and the hot water spa carry with it certain health risks, including risk of infection.*
3. *I understand that the Fitness Center is staffed by students who are not certified exercise physiologists or trained professionals.*

I agree that I represent myself as physically able to undertake any and all physical exercise and treatment provided.

I agree to abide by the rules, regulations and policies of the Fitness Center.

I agree not to leave articles overnight in the Fitness Center or lockers. I understand that Regis University and its employees shall not be responsible for any lost or stolen articles whatsoever.

I agree to wear suitable clothing in the exercise area, which includes shorts, t-shirts, sweatshirts, sweat pants, tights, leotards and athletic clothing together with suitable athletic shoes.

In consideration of the University's allowance of my use of the facility, I hereby assume all risks associated therewith. I, for myself, my heirs, executors, administrators and assigns, hereby waive and release any and all rights, actions, claims, demands, liabilities or damages which I may accrue against the University or any of its officers, employees, or agents for any injuries, damages, costs or expenses sustained or received as a result of, or in connection with, my use of the facility including those arising from the negligence of the University, its officers, employees or agents.

I have read and understand the above agreement.

Signature: _____

Print Name: _____

I.D. Number: _____

Date: _____