FITNESS & WELLNESS

Participant Name: __________________________  UGA ID: ____________________

- All Access Pass | - Cycle Pass | - Group Fitness Pass | - HSC Pass
  - Mind/Body Pass | - Deep Water Fitness Pass
  - Instructional – (Type of Class) ___________________
  - Personal Training – (# of Sessions) ______________

DEPARTMENT OF RECREATIONAL SPORTS
INSTRUCTIONAL PROGRAM POLICIES & WAIVER

Each participant in a University of Georgia Department of Recreational Sports class, event, instruction or program assumes responsibility for conducting activities and using equipment in a proper, safe and recommended manner. Participation is voluntary and, if necessary, should be undertaken on the basis of personal medical advice. In addition, prior to physical activity, it is recommended that you consult a physician if you are over 45 years (male) or 55 years (female) of age, have a known heart condition, have any major heart disease risk factors (high blood pressure, high blood cholesterol, diabetes, cigarette smoker, or family history of heart disease), are pregnant or severely overweight.

The instructors reserve the right to prohibit you from participating if you arrive late, after the warm-up or wear inappropriate apparel and/or shoes. You are encouraged to modify all activity in terms of intensity and impact to meet your current fitness needs and conditioning level. In consideration of being permitted to participate in this activity and in full recognition and appreciation of any and all possible dangers and hazards in this program, I, for myself, my heirs, successors and assigns do hereby release The University of Georgia, the Board of Regents of the University System of Georgia, its officers, agents, representatives, and employees, from any and all demands, causes of action and claims of liability for any and all trauma, injury, damage, expense, handicap, disability or death which might or does result from my participation in this fitness program. No judgment of my fitness level was exercised by the University in allowing me to participate in the fitness program.

Refund Policy:

No refunds are given for group fitness, instructional classes or personal training. If a medical condition arises that precludes completion of the class or the remaining sessions, refunds are pro-rated based upon the start date of the class or the number of unused sessions, minus a $15 processing fee.

Fitness & Wellness Program Policies:

Entry into the fitness classes is on a first-come, first-serve basis. Each class is subject to a maximum enrollment, which will vary, in order to provide the safest environment possible. Once the maximum number of participants has entered, the class will be closed. Class participants may enter an open class until 10 minutes after the start time. After 10 minutes, or the end of the warm-up period, the class is closed. Participants who improperly use their access will be banned, indefinitely.

Recreational Sports staff reserves the right to adjust the class schedule when necessary. Abbreviated schedules may be offered during breaks and between semesters. An instructional program class that does not meet the minimum requirement enrollment may be cancelled.
INSTRUCTIONAL PROGRAM

RELEASE, WAIVER OF LIABILITY, COVENANT NOT TO SUE AND LIKENESS RELEASE

(Read carefully before signing)

I, ____________________________________________, hereby acknowledge my awareness that my participation in a University of Georgia Department of Recreational Sports class, event, or instruction or program may involve activities which include, but are not limited to, the following: stretching, weight-lifting, running, jumping, kicking, boxing, kick-boxing, yoga, indoor cycling, dancing, step aerobics, water aerobics, other water fitness training activities, martial arts, strength training, boot-camp training, swimming, diving, practicing CPR and other First Aid, and practicing water rescue skills. It may also involve training activities which use various types of athletic equipment which include, but are not limited to, the following: inflatable exercise ball, medicine ball, stationary exercise bicycle, hand weights, free weights, weight machines, a step, resistance bands, jump rope, kick board, swim paddles, water exercise belt, elastic bands, various hand buoys and/or other strength and conditioning and resistance equipment. It may also involve training activities which use various types of resuscitation equipment which include, but are not limited to, the following: personal protective equipment such as gloves and breathing barriers, CPR manikins, gauze, triangular bandages and Automatic External Defibrillators (AEDs).

I also understand that my participation in the aforementioned activities may expose me to risks of property damage and bodily or personal injury, including injury that may be fatal, and any one or more of the following: injury from tripping and falls; drowning; exposure to warm or cold water; foreseen and unforeseen inclement weather; cuts; abrasions and puncture wounds, broken bones; muscle strains and sprains; concussions; loss of consciousness; and heart attack. In addition, I understand that I may be exposed to other risks which may not be foreseeable. I have been informed and understand that there are inherent risks and dangers involved in this activity. I knowingly and freely assume any and all such risks and voluntarily participate in this activity. I understand that it is my responsibility, as the participant, to engage only in those activities for which I have the prerequisite skills, qualifications, preparation and training.

I acknowledge that I must follow the instructions of the activity leader at all times. In addition, I understand that none of the following entities provides insurance coverage for my participation in the University of Georgia Department of Recreational Sports program and that it is strongly recommended that I obtain my own accident and health insurance prior to participating: The University of Georgia, the Board of Regents of the University System of Georgia, Department of Recreational Sports, and any participating agency.

In exchange for the use of equipment, materials, supplies and for being allowed to participate in this program, I hereby release and forever discharge the University of Georgia, the Board of Regents of the University System of Georgia, and all sponsoring agencies and their members individually and their officers, agents and employees from any and all claims, demands, rights, expenses, actions, and causes of action, of whatever kind, arising from or by reason of any personal injury, bodily injury, property damage, or the consequences thereof, whether foreseeable or not, resulting from or in any way connected with my participation in this activity.

I hereby irrevocably consent to and authorize the use by the Board of Regents of the University System of Georgia by and on behalf of the University of Georgia, its officers and employees of the undersigned’s image and/ or likeness as follows: The University shall have the right to photograph, publish, re-publish, adapt, exhibit, reproduce, edit,
distribute, display or otherwise use or reuse the undersigned’s image and/or likeness in connection with any product or service in all markets, media or technology now known or hereafter developed in University’s products or services. The undersigned acknowledges receipt of good and valuable consideration in exchange for this Release, which may be the opportunity to represent the University in its promotional and advertising materials.

I hereby waive the right to inspect or approve my image or any finished materials that incorporate my image. I understand and agree that my image will become part of the University’s photograph file and that it may be distributed to other organizations or individuals for use in publication. I also understand that I will receive no compensation in connection with the use of my image.

I further covenant and agree that for the consideration stated above, I will hold forever harmless and will not take legal action against the University of Georgia, the Board of Regents of the University System of Georgia, its members individually, and their officers, agents, and employees for any claim for damages arising or growing out of my participation in this activity whether caused by negligence or otherwise.

I certify that I am at least 18 years of age OR that my parent/legal guardian has also signed below because I am under 18 years of age.

____________________________________  ____________________________  
SIGNATURE OF PARTICIPANT  DATE

____________________________________  ____________________________
PRINTED NAME  PARTICIPANT UGA ID

____________________________________  ____________________________  
SIGNATURE OF PARENT/LEGAL GUARDIAN  DATE  
IF PARTICIPANT IS UNDER 18 YEARS OF AGE

____________________________________  
PRINTED NAME