

**CENTRAL MICHIGAN UNIVERSITY  
INFORMED CONSENT AND RELEASE  
SAFETY GUIDELINES**

1. It is expected that all SAC policies be followed. It is also expected that you will follow any/all instructions provided by SAC student or professional staff. Participation in any/all activities at the SAC is “at your own risk” basis.
2. Swimmers must recognize their own limitations and act in the best interest of their own safety. Lifeguards may ask swimmers to demonstrate their swimming ability. No diving is allowed in the SAC pool. Commercially made swimwear must be worn and showers taken prior to swimming or using the spa.
3. Spa and sauna usage: Persons suffering from heart disease, diabetes, or high/low blood pressure should not enter the spa or the sauna. Those who are under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, and/or tranquilizers should use the spa and sauna with extreme caution. Pregnant woman are not allowed to use the spa or sauna.
4. Individuals using the Fitness Center will operate the equipment and exercise at their own risk. If you feel ill, dizzy, light headed, or faint, you should stop exercising. It is your responsibility to use the equipment correctly or ask for instructions for proper use.
5. The SAC does not take responsibility for any items lost or stolen. It is recommended to keep any valuables, including coats, secured.

The participant’s utilization of Central Michigan University’s facilities, which includes the Student Activity Center/Rose Center, plus the Intramural Outdoor Field Complex, is at their sole discretion and at their own risk. The participant acknowledges that their utilization of the facilities carries with it the potential for death, disability, or other serious injury. The participant hereby assumes all risks of utilizing the facility, or participating in any University Recreation program. The participant waives, releases, and discharges Central Michigan University, its Board of Trustees and employees from claims, actions, damages, and liability for personal injury or damage relating to their use of the facility, except where the injury or damage is caused by the sole negligence of Central Michigan University.

The participant, (parent/guardian if applicable) has read the above safety guidelines and informed Consent and Release and understands and agrees to its content.

Participant Name: \_\_\_\_\_

Please Print

(If under 18 yrs of age)

Email: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Participant’s Signature

\_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_

(If participant is under 18 years of age)

*Waivers may be left on file for one year*