



INFORMED CONSENT AND RELEASE & SAFETY GUIDELINES

The participant's utilization of Central Michigan University's facilities, including the Student Activity Center/Rose Center/Kulhavi Events Center, plus the Intramural Outdoor Field Complex and Disc Golf Course, and any other CMU facilities, is at their sole discretion and at their own risk.

I, the undersigned, assume full responsibility for any injuries or damages that may occur in, on, or about the premises of the facility. All University Recreation regulations and policies are applicable.

I, the undersigned, further agree to use all equipment and activity areas properly and leave them in good condition. I assume total liability and agree to reimburse the University for all damages incurred through the misuse of any facility area and/or equipment thereof.

I, the undersigned, agree to follow all University Recreation policies and procedures, and adhere to all instructions provided by University Recreation staff. This includes, but is not limited to, all children 15-years or younger must be supervised by an adult at all times. Designated Activity Areas, such as the Pool, Fitness Center, and Weight Training Center have additional age restrictions, which are posted in the appropriate activity area.

I, the undersigned, agree University Recreation is not responsible for lost or stolen items.

Additional safety guidelines include:

- It is expected that all policies be followed. It is also expected that you will follow any/all instructions provided by University Recreation student or professional staff. Participation in any/all activities within CMU facilities is "at your own risk".
- All age limits regarding use of the facility, and specific age limits regarding the Fitness Center, Weight Training Center, Pool, Spa and Sauna must be adhered to.
- 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.
- 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 and/or any medications that are contraindicated should use the spa and sauna with extreme caution. Pregnant woman are not allowed to use the spa or sauna.
- 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.
- It is recommended that all valuables, including coats, are secured.

Participant Information:

Name: _____

Address: _____

Phone: _____

Email Address: _____

Participant's Signature _____ Date _____

Parent/Guardian Signature _____

(If participant is under 18 years of age)