

GEORGIA SOUTHWESTERN STATE UNIVERSITY
GSW FITNESS AND WELLNESS
INFORMED CONSENT
AND
RELEASE OF LIABILITY AGREEMENT

Thank you for choosing to use the facilities, services, and programs of the Georgia Southwestern Campus Recreation (GSW Fitness). We request your understanding and cooperation in maintaining both your and our safety and health by reading and signing the following informed consent and release of liability agreement.

I, _____, declare that I intend to use some or all of the activities, facilities, programs, and services offered by the GSW Fitness program and I understand that each person (myself included) has a different capacity for participation in such activities, facilities, programs, and services. I am aware that all activities, services, and programs offered are either educational, recreational, or self-directed in nature. I assume full responsibility, during and after my participation, for my choices to use or apply, at my own risk, any portion of the information instruction I receive.

I understand that part of the risk involved in undertaking any activity or program is relative to my own state of fitness or health (physical, mental, or emotional) and to the awareness, care, and skill with which I conduct myself in that activity or program. I acknowledge that my choice to participate in any activity, service, and program of the GSW Fitness program brings with it my assumption of those risks or results stemming from this choice and the fitness, health, awareness, care, and skill that I possess and use.

I further understand that the activities, programs, and services offered by the GSW Fitness program are sometimes conducted by personnel who may not be licensed, certified, or registered instructors or professionals. I accept the fact that the skills and competencies of some employees and/or volunteers will vary according to their training and experience and that no claim is made to offer assessment or treatment of any mental or physical disease or condition by those who are not duly licensed, certified, or registered and herein employed to provide such professional services.

I recognize that by participating in the activities, facilities, programs, and services offered by the GSW Fitness program, I may experience potential health risks such as transient light-headedness, fainting, abnormal blood pressure, chest discomfort, leg cramps, and nausea and that I voluntarily assume those risks. I acknowledge my obligation to immediately inform the nearest supervising employee of any pain, discomfort, fatigue, or any other symptoms that I may suffer during and immediately after my participation. I understand that I may stop or delay my participation in any activity or procedure if I so desire and that I may also be requested to stop and rest by a supervising employee who observes any symptoms of distress or abnormal response.

I understand that I may ask any questions or request further explanation or information about the activities, facilities, programs, and services offered by the GSW Fitness program at any time before, during, and after my participation.

In consideration of gaining membership or being allowed to participate in the activities and programs including, but not limited to, the weight room or cardiovascular room of the GSW Fitness, and Group Exercise classes, and to use its facilities, equipment, and machinery, I do hereby waive, release, and forever discharge the Board of Regents of the University System of Georgia, Georgia Southwestern, the GSW Fitness program, and their officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries damages resulting from my participation in any activities or my use of equipment or machinery in the above-mentioned facilities or arising out of my participation in any activities including, but not limited to, the weight room or cardiovascular room at said facility. I do hereby release all of those mentioned and any others upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission or any of those mentioned or other acting on their behalf or in any way arising out of or connected with my participation in any activities of the GSW Fitness program or the use of any equipment at the GSW Fitness Center and Group Exercise.

I understand and I am aware that weight training, sports activities, and aerobic exercises, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death and that I am voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death.

I declare that I have read, understood, and agree to the contents of this informed consent and release of liability agreement in its entirety.

Name (print) _____

Please circle primary affiliation:

Freshman	Sophomore	Junior	Graduate Student	Community
Faculty	Staff	Administration	Employee/Spouse	Guest

Address _____ City, State, Zip _____

Phone number where you can be reached _____

Email: _____

Emergency Contact Name & Number _____

Relation _____

Gender (circle): Male Female

All information above is used for statistical purposes.

Signature _____

Date of Signing _____

Signature of Parent/Legal Guardian if child is under 18 years of age.

Fitness Center Policies

1. All users of the weight room must be at least 16 years of age. South GA College students as well as Early College students must have a valid I.D. and must be present on the list provided to the fitness staff. **SOUTH GEORGIA TECHNICAL COLLEGE STUDENTS ARE NOT PERMITTED IN THE GSW FITNESS CENTER.**
2. **Workout towels are mandatory and are provided at the front desk.**
3. Please clean equipment after use.
4. Proper athletic attire is required (closed toe/heel shoes, athletic shorts, athletic shirt). No cargo shorts, jeans, belts, or pants that contain zippers, rivets, or buttons that could potentially harm the equipment. Use best judgment when assessing excessive pockets. Cut off sleeves are permitted. Shirt must cover the nipple and belly button area at all times. Use best judgment for tennis skirts and short shorts.
5. Footwear must be in the form of running, tennis, or weight lifting shoes. Boots are not allowed. Specialty shoes are at the discretion of the fitness staff. Vibram 5 fingered shoes are permitted only on the cardio deck.
6. Sports bottles or "twist-on" cap bottles are the only permissible beverage containers allowed. No food, gum, or tobacco.
7. No outside personal training is permitted in this facility.
8. Please do not drop or throw equipment.
9. Please do not step onto leather benches. Please use step-boxes.
10. Spotters are required on all free weight press stations.
11. Return equipment and weights to their proper location.
12. Please share equipment during peak hours. 30 minutes time limit
13. Use of offensive language is not permitted.
14. Report any injuries or equipment problems to the Fitness Staff immediately.
15. All personal items must be stored in the provided cubicles or lockers; The Fitness Center and its staff are not responsible for lost or stolen items.
16. **Re-rack all weight plates and place them in their proper location.**

**** Policy violations may result in ejection from the facility. ****

Other Fitness Center Policies

1. Participants are not allowed in the fitness center unless the Fitness Staff is on duty and the facility is open.
2. All individuals exercise at their own risk. We recommend seeing one of the Fitness Staff if you have questions.
3. Discontinue exercising immediately and notify staff if you feel pain, discomfort, or dizziness.
4. Trash bags, sweat bags, sweat suits or any other material that inhibits the exchange of body heat or promotes water loss will not be allowed.
5. No sitting on cubicles.
6. Please do not place hands, feet or anything else against the mirrors.
7. People socializing in groups that congest the weight room will be asked to disperse or leave.
8. Fitness equipment shall not leave the resistance room, i.e. fitness equipment cannot travel from downstairs to upstairs.
9. Be considerate of others.
10. Staff members are not responsible for valuables.
11. Respect for equipment and facilities must be demonstrated at all times. Misuse of equipment and facilities may result in immediate expulsion and/or loss of additional privileges.

Cardio Deck Policies

1. All participants must be 16 years of age or older.
2. **Workout towels are mandatory.**
3. Proper athletic attire is required (closed toe/heel shoes, athletic shorts, athletic shirt). No cargo shorts, jeans, belts, or pants that contain zippers, rivets, or buttons that could potentially harm the equipment. Use best judgment when assessing excessive pockets. Cut off sleeves lower than the elbow are permitted on the cardio deck, however, nipple and belly button area must still be covered at all times. Use best judgment for tennis skirts and short shorts.
4. Footwear must be in the form of running, tennis, or weight lifting shoes. Boots are not allowed. Vibram 5 fingered shoes are permitted.
5. Limit time to 30 minutes on all equipment while others are waiting.
6. Sports bottles or "twist-on" cap bottles are the only permissible beverage containers allowed. No food, gum, or tobacco.
7. Report any injuries or equipment problems to the Fitness Staff.
8. Please clean equipment after use.
9. **No outside personal training is permitted in this facility.**
10. All personal items must be stored in the provided cubicles or lockers; The Fitness Center and its staff are not responsible for lost or stolen items.

Group Fitness Studio Policies

1. All participants must bring a clean towel for use during the class.
2. Only non-marking athletic shoes are allowed.
3. Proper workout attire must be worn at all times. (No plastic sweat suits allowed during classes)
4. Water is permitted in activity areas if in a re-sealable container. **No other beverages, sport drinks, are allowed in the Group Exercise room.**
5. Chewing gum is not permitted in the Group Exercise room.
6. All personal items must be stored in the provided cubicles and/or lockers.
7. The facility is not responsible for lost or stolen items.
8. Staff members are not permitted to hold valuables.
9. Personal hand weights are not allowed. Facility hand weights will be provided for appropriate classes, and may only be used at the direction of the Group Exercise Instructor. **(No dropping or throwing weights.)**
10. If you experience lightheadedness, dizziness, nausea, or any other discomfort, please stop your workout and see the appropriate staff member on duty.
11. Immediately report any Group Exercise related injury, or facility equipment irregularity, to the appropriate staff member on duty.
12. The doors in the Group Fitness room are locked after class starts, you must be on time.
13. Respect for equipment and facilities must be demonstrated at all times. Misuse of equipment and facilities may result in immediate expulsion and/or loss of additional recreation privileges. All Group Fitness equipment is to remain in the Group Fitness Room and used safely.

By signing below, the member agrees to the GSW Fitness program user policies and procedures.

Member's Name (printed) _____ Date _____

Member's Signature _____