



WAIVER, RELEASE OF LIABILITY, AND INDEMNITY AGREEMENT

In consideration of the agreement of Southern Adventist University ("Southern") to allow access to its premises and to use its premises, facilities, and equipment, including the Hulsey Wellness Center (collectively, the "Activity"), I, for myself and my heirs, family members, including the below-identified minor child/children, spouses, personal representatives, executors, administrators, assigns, and anyone else entitled to sue on my behalf or any of their behalves:

- release and discharge Southern and its successors, assigns, affiliates, and related companies, and all officers, directors, trustees, employees, faculty, staff, representatives, attorneys, plan administrators, and agents of any of those entities (collectively referred to as "Releasees"), from all liabilities, claims, actions, lawsuits, causes of action, damages, and losses, whether caused by the negligence of any Releasee or otherwise, that I may have arising out of or in any way related to the Activity or the use of any facilities or equipment of any of the Releasees (collectively, the "Claims");
- expressly waive all Claims;
- acknowledge that the Activity is a potentially dangerous activity and that it involves the risk of serious injury, disability, death, and property damage;
- assume and accept all risks, known and unknown, relating to the Activity, confirm that I know the nature of the Activity and my experience and capabilities, and represent that I have no known physical or mental condition that would impair my participation in the Activity and agree that I will only participate in those Activities for which I believe I am physically and psychologically able and prepared;
- agree that just by signing this Agreement, neither myself nor my child is entitled to participate in any Activity, and membership at the Hulsey Wellness Center may be revoked at any time. I further acknowledge and understand that minor children are limited to their access at the Hulsey Wellness Center and that I have read and will comply with all Policies set forth by Southern Adventist University to use the Hulsey Wellness Center;
- agree to indemnify the Releasees from, and defend them against, any loss, liability, expense, damage, or cost, including attorneys' fees, litigation expenses, and court costs, that Southern or any of the Releasees may incur arising out of or related to my participation in the Activity or any violation by me of the terms of this Agreement; and
- agree that this Agreement is governed by Tennessee law and that, if any provision of this Agreement is held to be unenforceable, then that provision will be construed either by modifying it to the minimum extent necessary to make it enforceable (if permitted by law) or by disregarding it (if not permitted by law). If an unenforceable provision is modified or disregarded in accordance with this section, the rest of the Agreement will remain in effect as written.

I HAVE READ THIS AGREEMENT, UNDERSTAND ITS CONTENTS, AND VOLUNTARILY SIGN IT AS MY OWN FREE ACT.

Participant's Name (print)*: _____

Participant Signature: _____

Date: _____



POLICY

- Members must be 18 years of age to be eligible for membership. Fees are non-refundable and are on an annual or monthly basis.
 - The fitness floor and indoor walking track are designated for members only.
 - The Iles Gym is only for students (graduate or undergraduate taking a minimum of 6 credits) and full-time employees and their immediate family members meeting the age requirement.
 - Children of members are welcome to use the pools (for safety, parents are responsible to supervise their underage small children using the pools), can accompany their parents to the racquetball courts, and climb on the Indoor Rock Wall (children under age 14 need to be accompanied by a parent/guardian).
- Members who exhibit belligerent behavior towards staff, students, visitors, volunteers, or other members of the facility will be subject to disciplinary action to include suspension, or revocation of their membership without reimbursement of membership fees. The Dean of the School of Health & Kinesiology may, in his/her sole and absolute discretion, suspend or revoke the membership of any member for reasons specifically mentioned or not mentioned in this policy.
- Dress Code: Modesty of dress should always be considered. Shirts that reach the top of the pants/shorts and fully cover the torso and shoulders are required on the fitness floor and indoor walking track. Pants/Shorts should be long enough to cover the gluteal fold. Denim is not permitted. Some exceptions to the dress code are allowed in the pool area and basketball courts. Bikini-wear is not allowed in the pool. Closed-toe athletic non-marking shoes are required.
- No food or drink other than water is permitted on the fitness floor, in pool areas, saunas, whirlpool room, or indoor walking track.
- Cell phone and camera use is not permitted in locker rooms or saunas.
- Personal listening devices may be used only with wired or wireless headphones.
- Please use provided wipes after each use of every equipment on the fitness floor.
- Where applicable, the above policies also pertain to use of the Iles Gym.

I have read, understand, and agree to abide by the policies stated above as well as those posted within the Hulsey Wellness Center. I understand that failure to abide by the policies may lead to the cancellation of my membership at the Hulsey Wellness Center without the possibility of a refund of membership fees.

Participant's Name (print)*: _____

Participant Signature: _____

(Questionnaire) The following information is kept confidential.

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active. If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. The PAR-Q will tell you if you should check with your doctor before you start. If you are over 65 years of age, and you are not used to being very active, check with your doctor. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Please select 'Yes' or 'No' with an 'X' to the following questions:

Yes	No
<input type="checkbox"/>	<input type="checkbox"/>
1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
2. Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
3. In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
4. Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
7. Do you know of any other reason why you should not do physical activity?	<input type="checkbox"/>

IF YOU ANSWERED YES TO ANY OF THE ABOVE QUESTIONS, PLEASE FOLLOW THE ADVICE IN THE BOX BELOW

- Talk to your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.
- You may be able to do any activity you want—as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

IF YOU ANSWERED NO TO ALL QUESTIONS, PLEASE READ THE INSTRUCTIONS IN THE 2 BOXES BELOW

- You can start becoming much more physically active—begin slowly and build up gradually. This is the safest and easiest way to go.
- You can take part in a fitness appraisal—this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively.

DELAY BECOMING MORE ACTIVE IF:

- You are not feeling well because of a temporary illness such as a cold or a fever—wait until you feel better.
- You are or may be pregnant—talk to your doctor before you start becoming more active.