

**RELEASE OF LIABILITY**

I \_\_\_\_\_ understand that my participation in activities at the Hulsey Wellness Center at Southern Adventist University is not medically supervised.

I will only participate in those activities at the Hulsey Wellness Center for which I believe I am physically and psychologically prepared.

I UNDERSTAND AND ACKNOWLEDGE THAT participation in physical activities may involve increased risk of personal injury. I understand and am aware that strength, flexibility, and aerobic exercises, including the use of equipment or participation in exercise classes, is a potentially hazardous activity. I also understand and accept that fitness activities involve risk of injury and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved.

I hereby agree to expressly assume and accept all risks of injury. I will not hold Southern Adventist University or the Hulsey Wellness Center, along with the employees, agents, officers, and directors of these organizations, liable for any losses or damages occurring as a result of my participation at the Hulsey Wellness Center.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

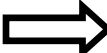
Date of Birth: \_\_\_\_\_ Date: \_\_\_\_\_

**(Questionnaire)**

Please answer Yes or No to the following:

Yes	No	
<input type="radio"/>	<input type="radio"/>	1. Are you older than age 65 and not accustomed to vigorous exercise?
<input type="radio"/>	<input type="radio"/>	2. Do you frequently have pain in your heart or chest?
<input type="radio"/>	<input type="radio"/>	3. Do you often feel faint or have spells of severe dizziness?
<input type="radio"/>	<input type="radio"/>	4. Has your doctor ever said that your blood pressure was too high?
<input type="radio"/>	<input type="radio"/>	5. Has your doctor ever told you that you have a bone or joint problem?
<input type="radio"/>	<input type="radio"/>	6. Has your doctor ever said that you have heart trouble?
<input type="radio"/>	<input type="radio"/>	7. Is there a good physical reason not mentioned here that you should not follow an activity program even if you wanted to?

**If you answered YES to any of the questions above, or if a health change occurs that would cause you to answer YES, speak with your physician before becoming more physically active. We will also need a doctor's note stating that it is ok for you exercise. This note can be faxed to 423.236.1850 or emailed to [dbissell@southern.edu](mailto:dbissell@southern.edu) or turned in to the front desk.**

**Please Complete Policies on Opposite Side** 

## POLICIES

- Memberships are non-refundable and on an annual or monthly basis. Payments by cash, check, credit card, or pre-loaded ID card are accepted at the center.
- Members that exhibit belligerent behavior towards staff, students, or other members of the facility will be subject to suspension or termination of their membership. The Dean of the School of Physical Education, Health and Wellness has executive privilege to suspend or terminate the membership of any member for reasons specifically mentioned or not mentioned in the policies.
- Members must be 18 years of age to be eligible for membership or day/guest passes. The children of members are welcome to use the pools (parents are responsible for the safety of small children using the pool), accompany their parents in the racquetball courts, and climb on the Indoor Rock Wall (under age 14 need to be accompanied by a parent/guardian). The fitness floor and walking track are designated for members only. The Iles Gym is only for students (graduate or undergraduate taking 6 credits) and full-time employees and their immediate family.
- Use of the aerobic machines (treadmills, bikes, ellipticals, and stair climbers) will turn over every 30 minutes on the hour and half hour. If no one is waiting, a 30-minute extension is permitted.
- 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 walking track. Pants/Shorts should be long enough to cover the gluteal fold. Denim is not appropriate. Exceptions to this dress code are allowed in the pool area and basketball courts. Females: 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 at the fitness floor, pool areas, saunas, whirlpool room, or walking track.
- Cell phone and camera use is not permitted in locker rooms or saunas.
- Personal listening devices may be used only with headphones.
- Please use equipment wipes after each use of equipment on the fitness floor
- Only members age 18 or older are allowed on the fitness floor and walking track.
- Childcare is available for an hour at a time for additional fees. Parents are responsible for any diaper changes.
- Massage and personal training are available from certified massage therapists/trainers at an additional cost. Inquire at the front desk for details.
- Human performance lab testing is available by appointment for an additional fee. See the front desk for details.
- Racquetball courts can be reserved for the current day only.
- 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 repeated failure to abide by the policies may lead to the cancellation without a refund of my membership at the Hulsey Wellness Center.*

Name: \_\_\_\_\_ Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**Please Complete Release of Liability on Opposite Side**

