

INFORMED CONSENT WAIVER OF LIABILITY

“I _____, will be participating in strenuous physical activity which may include but is not limited to racquetball, weight training, stationary bicycling, walking/jogging on a treadmill, walking/jogging on hard surfaces both indoors and outdoors, and the use of various aerobic and strength conditioning machinery located on the premises of East Texas Baptist University. I hereby affirm that I am in good physical condition and do not suffer from any disability, injury or illness that would prevent or limit my use of these facilities or that would be aggravated by or made worse by such use.”

“In consideration of my use of the above mentioned facilities and equipment, I _____,for myself, my heirs and assigns, hereby release East Texas Baptist University and any of its officers and/or employees from any claims, demands and causes of action arising from my use of said facilities.”

“I fully understand that I may injure myself as a result of my using said facilities, and I _____, hereby release East Texas Baptist University and its officers and/or employees from any liability now or in the future including but not limited to heart attacks, strokes, muscle strains, pulls or tears, broken bones, shin splints, heat prostration, knee/lower back/hip/foot/shoulder/neck injuries, and any other illness, soreness, or injury, however caused, occurring during or after my use of said facilities.”

I hereby affirm that I have read and fully understand the above.

Signature

Date