



Campus Recreation
Acknowledgment of Risk, and Release of Liability
Group Exercise Program

Purpose

The purpose of Group Exercise is for participants of Grand Valley State University Campus Recreation Group Exercise Program to participate in an exercise routine in a group setting lead by trained and certified instructors.

Acknowledgment of Risk and Release of Liability

I hereby declare, assert, and affirm that my participation in the Grand Valley State University Campus Recreation Group Exercise Program, is done having voluntarily and knowingly assumed all risks involved in this event. The immediate physical risk(s) associated are those correlated with normal, vigorous physical activity. These risks include, but are not limited to, bodily discomfort and fatigue, muscular soreness, pulled or strained muscles, overuse injuries/soft tissue damage, bodily injury resulting from falls, and the rare instance of abnormal changes/responses of the cardiopulmonary system to exercise. Adverse responses include abnormal blood pressure, heart arrhythmias, and the very rare instance of heart attack, stroke, or sudden death. Before starting any fitness program, you should consult your physician or other health care professional to determine readiness.

In consideration of acceptance of this contract allowing my participation in the above stated program and intending to be legally bound thereby, I hereby for myself, my heirs, executors, administrators, and assigns, WAIVE AND RELEASE any and all rights and claims for negligence, injuries, damages, equipment, facilities, staff training, or losses that I may incur involved in the above stated Campus Recreation program, specifically Grand Valley State University, its respective employees, agents, representatives, successors, and assigns for any and all activities connected with the above Program. If I am a Grand Valley employee (faculty or staff member), I also understand that I do hereby WAIVE any and all rights or benefits under the State of Michigan Worker's Compensation laws for any injury incurred as a result of my participation in this event.

Research & Data Use

I hereby authorize Campus Recreation, Grand Valley State University and their respective agents to release information obtained during this activity for the purpose(s) of programmatic and research needs as well as for aggregate data supplemental research, articles and presentations.

Acknowledgment of Understanding

[ ] (REQUIRED) I have read and understand the above statements.

Name (Print) Signature Date

Media and Photo Release

I give permission to GVSU to use, without charge and without reservation, my likeness in any medium and for any lawful purpose, including promoting the institution, its programs and services. I waive any rights of action I may have and release GVSU and its licensees from any and all claims I may have arising from use of my likeness, including any rights to sue for defamation or violation of my rights of privacy or publicity. Your answering no to this question will not bar your participation in the activity.

[ ] (OPTIONAL) By checking this box, I agree to the above statement.

If UNDER 18 YEARS OF AGE:

I am the parent/legal guardian of \_\_\_\_\_. I have read the Acknowledgment of Risk and Release of Liability in its entirety and I understand the potential risk of the above activities. I grant permission for \_\_\_\_\_ to participate in this activity. I have reviewed the GVSU Campus Recreation program guidelines with the minor participant. I certify that I am legally competent to grant permission as an adult and warrant my authority as the parent/legal guardian.

Legal Parent/Guardian Name (Print) Legal Parent/Guardian Signature Date

(ADDITIONAL INFORMATION ON THE BACK MUST BE COMPLETED)

## Policies & Procedures

- A pass is required for all classes unless otherwise noted on the schedule.
  - Passes can be purchased at [gvsu.edu/fitnesswellness](http://gvsu.edu/fitnesswellness).
  - Passes are non-refundable and non-transferrable and a parking pass is NOT included with purchase.
- Participants must be at least 18 years of age to participant.
  - If between 16-18 year of age, participant must have parental consent on the [Acknowledgement of Risk and Release of Liability Form](#).
  - If under 16 years of age, participants must have parental consent on the [Acknowledgement of Risk and Release of Liability Form](#) and be approved for participation by Campus Recreation administrative staff.
- A medical examination is not required for participation. However, if you know that you have a medical/health condition and/or you will be starting a new exercise program and/or will be significantly increasing your current activity level, it is recommended that you talk with your doctor before participating.
- All Students, Faculty, and Staff are required to present their Grand Valley ID Card to participant in the classes.
  - Alumni members will be provided a number they will use when checking in to classes.
- It is encouraged that all participants new to SPIN® classes attend the Intro SPIN® class before attending any other SPINNING® class on the schedule.
- Proper attire is required and is expected to meet the [Dress Code](#) of the Recreation Center for safety reasons. Shoes must be dry and clean of any dirt, mud, sand, salt, etc. to help preserve the flooring and equipment in the spaces.
- Participants are encouraged to bring a water bottle to all classes.
- The improper use of equipment and failure to properly clean equipment after use is not tolerated.
- Doors will be locked 5 minutes after the designated class start time.
- Personal items should be placed in cubbies located in the back of the studios or in designated areas or in the locker room (located on the lower level of the Recreation Center and lower level of the Field House). Grand Valley is not responsible for lost or stolen items.
  - Participants are encouraged to leave their phones with their belongings for safety reasons.
- Space is limited to a first come, first serve basis in all classes except SPIN® and TRX®.
  - SPIN® and TRX® classes require a sign-up no more than 24 hours in advance online: [SPIN® and TRX® Reservation](#).
  - If a person who has a reservation does not arrive within 3 minutes of the class start time, their reservation may be given to the first person waiting in line.
  - Alumni members will not have the ability to reserve a spot in advance, but are welcome to use any unreserved SPIN® bikes or TRX® straps on a first come, first serve basis.
- All classes are subject to cancellation and/or change based on the availability of qualified instructors, facilities, and participation.
  - There are no scheduled classes during holidays, semester breaks, or school closings.
  - Weather Policy – cancellation will be determined based on conditions. Please refer to Campus Recreation’s [Weather Policies](#) for more information.
- For the safety and privacy of all, participants are discourage from taking pictures and/or videos within the class spaces. If capturing images and/or videos for the promotion of Campus Recreation, please be sensitive of other in the background.
- Campus Recreation strives to create an inclusive and welcoming environment and does not discriminate against any individuals. We expect the same of all of our participants and will not tolerate the discrimination of others through language, gestures, or any other form of behavior that makes other feel unwelcome while in our programs.

(REQUIRED) By checking this box, I agree to the above Policies and Procedures.

### Passholder Information:

Date: \_\_\_\_\_ First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone Number: \_\_\_\_\_ Email: \_\_\_\_\_

Affiliation: Student Faculty/Staff Alumni G Number/Rec Center ID Number: \_\_\_\_\_

Address: \_\_\_\_\_ Living Center (if On-Campus): \_\_\_\_\_

Amount Due: \_\_\_\_\_ Payment Method: Cash Check Credit Card (DO NOT RECORD CARD INFORMATION)

FOR OFFICE USE ONLY:

Complimentary Pass

Purpose: \_\_\_\_\_ Authorized Signature: \_\_\_\_\_ Date Given: \_\_\_\_\_

Entered into system

Entered by: \_\_\_\_\_ Date: \_\_\_\_\_

Updated November 2018