



Fitness & Wellness

AGREEMENT TO PARTICIPATE IN GVSU FITTEST LAKERS 2018

PURPOSE: The purpose of Fittest Lakers is to challenge your mind and body through a series of physical obstacles in a race format in the spirit of fun competition.

RISKS: The immediate physical risks are those associated 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.

Safe participation is a shared responsibility; participants must immediately discuss with their exercise trainer or the Fitness & Wellness Program Assistant of any known or suspected physical, emotional and/or health problems that may limit/alter participation. In addition, participants are obligated to follow the rules, regulations and guidelines set forth by the staff for their safety including, but not limited to, proper dress, proper use of the equipment, and exercise guidelines. Failure to comply with said rules, regulations and guidelines may result in serious bodily injury.

In the unlikely event of an injury, medical treatment will be obtained at the nearest health care facility. The costs of such treatment will be the financial responsibility of the participant.

BENEFITS: Participants will improve/maintain their overall health-related physical fitness (i.e., estimated functional aerobic capacity, muscular strength and endurance of the upper and lower body, and range of motion). Additional benefits of regular, moderate exercise include decreased body fat, improved blood pressure and cholesterol profile, enhanced psychological outlook, and reduced stress. Teams who score top three will receive prizes accordingly.

CONFIDENTIALITY AND RELEASE OF INFORMATION: All individual results obtained during participation in the Fittest Lakers Competition are confidential and will not be released to any person without prior written consent. I hereby authorize Campus Recreation, Grand Valley State University and their respective agents to release information obtained during this competition for the purpose(s) of marketing, social media and website content, articles and presentations. I release Campus Recreation and Grand Valley State University from any liability that might result from the release of this information.

I have read and fully understand the above statements. Any questions that I have regarding my participation in the Fittest Lakers Competition have been answered to my satisfaction. I also understand that my participation is voluntary, and that I am free to terminate my participation at any time.

I, _____, **hereby consent to participate** in the Fittest Lakers Competition. My participation is done having voluntarily and knowingly assumed all risks involved in the above stated program. In consideration of my voluntary participation, I hereby for myself, my heirs, executors and assigns, **WAIVE AND RELEASE** any and all claims for negligence, injuries, damages, or losses that I may incur while participating in the above stated program. In addition, if I am a Grand Valley employee, I waive any and all rights or benefits under the State of Michigan's Worker's Compensation laws for any injury incurred as a result of my participation in the above stated program. A copy of this consent form will be given to me upon request.

Participant Signature: _____ **Date:** _____

Parent/Legal Guardian: _____ **Date:** _____
(if under 18 years of age)

Witness: _____ **Date:** _____