



Lincoln University Campus Recreation & Wellness

WAIVER AND RELEASE FORM

Waiver and Release (Must be completed and on file prior to using the Fitness Center)

I, the undersigned, have read and understand the General Rules for The Linc use, put forth by Lincoln University and the Jefferson City Parks and Recreation Department.

I acknowledge a full understanding of the inherent dangers and risks associated with the use of this facility and/or any fitness/wellness activity occurring therein. I acknowledge that participation in this facility is strictly voluntary and has not been requested or required by Lincoln University of Missouri ("LU") or any of its employees or agents.

I acknowledge it is recommended that I seek approval from my physician before implementing an exercise regimen, as there may be significant health risks associated with exercising. I also understand that injury or death may result if equipment is not used properly. I understand that in the event of accident or injury, personal judgment may be required by Lincoln University/The Linc employees, agents, representatives, or volunteers regarding what actions should be taken on my behalf. Nevertheless, I acknowledge that LU/Linc personnel may not legally owe me a duty to take any action on my behalf. I also understand that it is my responsibility to secure personal health insurance in advance, if desired.

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity, or other illness that would prevent my participation in any fitness/wellness facility activity. I acknowledge that I have either had a physical examination and have been given a physician's permission to participate in these activities, or I have decided to participate in these activities without the approval of my physician. I understand that the activities, facilities, programs, and services offered by LU/Linc may sometimes be conducted by persons who may not be knowledgeable, licensed, certified or registered instructors or professionals. I accept the fact that the skills and competencies of some LU/Linc employees, agents, representatives, or volunteers will vary according to their training and experience and that no claim is made to offer assessment or treatment of any mental or physical disease or condition by those who are not duly licensed, certified or registered and employed to provide such professional services.

In consideration for being permitted to participate in this program and use this facility, and because I assume all risks involved, I hereby agree that I am responsible for any resulting personal injury, damage to or loss of my property which may occur as a results of my

participation or arising out of my use of The Linc and its facilities, or any fitness/wellness activity occurring therein.

I, for myself and on behalf of my heirs, assigns, personal representatives and next of kin, hereby release, indemnify, and hold harmless Lincoln University of Missouri, The Linc, their officers, officials, agents students and/or employees (“Releasees”) from any and all claims, demands, damages, rights of action or causes of actions, present or future, arising out of my use or occupancy of The Linc or any fitness/wellness activity occurring therein, including any injuries arising from the negligence of the Releasees or otherwise, to the fullest extent permitted by law.

I further state that I am at least eighteen (18) years of age and fully competent to sign this document; and that I execute this release for full, adequate, and complete consideration fully intending to be bound by the same. I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS CONSENT AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST LINCOLN UNIVERSITY FOR ANY INJURY SUSTAINED.

DATE

Signature of Participant, Parent or Guardian

Printed Participant’s Name (First and Last)

Printed Participant’s Parent or Guardian’s name (if Participant is a minor)
