

**Wellness Gym Program
at the Fullerton College Wellness Center
Release of Liability Form**

The Fullerton College (FC) Wellness Gym Program and its facilities have been designed and established to provide the optimum level of beneficial exercise and enjoyment without compromising the health and safety of those who utilize the facilities or participate in Wellness activities. Because of the program's nature, including physical activity, exercise and use of equipment for exercise and instruction, there is an inherent risk of injury, which characterizes any exercise activity.

In consideration of the above factors, the undersigned participant acknowledges the existence of risks in connection with these activities, assumes such risks and agrees to accept the responsibility for any injuries sustained by the participant in the facilities and/or the equipment.

1. I acknowledge that my participation in fitness and wellness activities entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks cannot be eliminated without jeopardizing the activity's essential qualities. I am fully aware that at any time, I am free to withdraw from participation in fitness and wellness activities. The risks include, among other things, the potential for: slips, falls and falling; rope burns; pinches, scrapes, twists and jolts that could result in scratches, bruises, sprains, lacerations, fractures, concussions, or even more severe life-threatening hazards, including death.
2. I understand that due to the seriousness of attempting new physical activities, it is in my best interest to consult with my doctor before participating in any exercise program, especially in the event that I have a pre-existing medical condition (i.e., heart condition, high blood pressure, allergies, disability, etc.), psychological condition, am taking any prescription or non-prescription medication, and/or I do not already regularly participate in physical exercise.
3. I expressly agree and promise to accept and assume all the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate despite the risks.
4. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless FC from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of FC equipment or facilities, including any such Claims which allege negligent acts or omissions of FC.

5. Should FC or anyone acting on their behalf be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.

6. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.

The undersigned acknowledges that they have read the **RELEASE OF LIABILITY FORM** and the above forgoing paragraphs, has been fully and completely advised of the potential dangers incidental to engaging in THE FULLERTON COLLEGE WELLNESS CENTER and is fully aware of the legal consequences of signing with within instrument.

As an employee of Fullerton College, I fully understand that utilizing the Wellness Center is recreational and is outside the course and scope of employment.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Printed name of participant _____

Signature of participant _____

Department & Job Title _____

Phone _____ **Email** _____

Emergency Contact Information

Name: _____ **Relationship to participant** _____

Phone Number: _____

*This form is to be completed and emailed to **CLASSIFIEDSENATE@FULLCOLL.EDU** before employee takes part in the Fullerton College Wellness Center Gym Program