

**UNIVERSITY OF NORTH CAROLINA WILMINGTON
DEPARTMENT OF CAMPUS RECREATION
INFORMED CONSENT, ASSUMPTION OF RISK AND RELEASE OF LIABILITY**

I agree to accept and assume all responsibility for and risk of personal injury, illness, death or damage to myself arising from my participation in the below listed campus recreational activities. My participation is voluntary; I choose to participate in these activities in spite of the risks. I am solely responsible for deciding to participate in the UNCW Campus Recreation recreational activities. I understand that I should not participate in these activities unless I am medically able and properly trained. I further certify that I do not have any medical condition which would endanger my health and well-being by engaging in these activities. I agree to obey all posted rules and regulations while participating in these activities:

- Fitness for Life Programs (i.e., fitness center & aerobics)
- Free Play Activities
- All other Campus Recreation Programs (i.e. recreational swim)

I understand and agree that the terms “recreational activity” and “activity” as used herein encompass all aspects of the activity, including preliminary and subsequent matters such as, but not limited to:

- Injuries due to the use of free weight, weight machines and cardiovascular equipment.
- Any recurring or new injuries associated with the physical exertion of these activities.
- Injuries caused by other participants or objects. (i.e. dropping weights, etc.)

I hereby acknowledge that I have read the Acknowledgement of Risk and have agreed to its terms. I fully understand that there are certain elements of danger inherent in recreational activities, and that participating in a recreational activity could entail loss of life, property or personal injury.

In consideration of UNCW Campus Recreation, furnishing services to enable me to participate in these activities, I, my family, estate, heirs, administrators, personal representatives, or assigns hereby voluntarily release and forever discharge UNCW and its trustees, officers, agents and employees, including UNCW Campus Recreation, from any and all liability or claims for any injury, illness, death, or damage to myself or my property arising out of or in any way connected with my participation in these activities. This release and discharge specifically includes, but is not limited to, liability or claims based upon the ordinary negligent acts or omissions of UNCW Campus Recreation or its officers, agents or employees.

I further agree, promise, and covenant not to sue, assert or otherwise maintain any claim against UNCW or its trustees, officers, agents or employees, including UNCW Campus Recreation, for any injury, illness, death or damage to myself or my property arising from or in any way connected with my participation in these activities.

In signing this document, I fully recognize that if injury, illness, death or damage occurs to me while I am engaged in these activities, I will have no right to make a claim or file a lawsuit against UNCW or its trustees, officers, agents or employees, including UNCW Campus Recreation even if they or any of them negligently cause my injury, illness, death or damage, unless that negligence is gross or willful negligence.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE OF LIABILITY AND I SIGN IT OF MY OWN FREE WILL.

I am (over) (under) eighteen years of age and have read the above authorization and release prior to its execution.

Participant’s Signature	Printed Name	Date
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If the individual is under the age of eighteen, his/her parent or guardian must also sign. I, the undersigned, being (parent) (guardian) of the above person, consent to the above Release of Liability.

Parent/Guardian’s Signature	Printed Name	Date
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UNCW Sponsor’s Signature	Printed Name	Date
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