

Plainfield Fitness Center Release Form

The facilities and activity programs offered by the Plainfield Fitness Center, hereinafter referred to as the “**Center**”, have been designed and established to provide an optimal level of beneficial exercise and enjoyment without compromising the health or safety of the **members or guests** who utilize the facilities or participate in the activities. Because of the nature of the program made available at the **Center** and the equipment, which is an integral part of many of these activities, **there is a possible risk of injury, which characterizes any vigorous exercise.** The **Center** enlists your assistance in assuring that the facilities and the equipment are utilized in a proper manner so that those risks which exist under the control of the **Center**, as well as those outside the control of the **Center** and partially within the control of the **Center**, as well as the participant’s are minimized by the participant’s thoughtful and cautious use of both the equipment and facilities in general.

The undersigned participant acknowledges the existence of the risk of injury in connection with the use of the facilities and exercise programs offered by the **Center** and further acknowledges the existence of the risk of injury while participating in the exercise programs and use of the other facilities of the **Center** such as the outside track or hallways for walking.

It is further acknowledged by the undersigned that the blood pressure and step test or treadmill test conducted by the staff of the **Center** is **not a medical examination** to determine the physical ability or the medical fitness to participate in the program offered by the **Center**, but only to establish each participant’s fitness level as compared to the National Norms established by the C.I.A.R.

The undersigned participant, in consideration of being permitted to participate in the program offered at the **Center**, acknowledges the above risk, and for other goods and valuable consideration received, does for himself/herself, his/her heirs, executors and administrators, hereby release, waive and discharge the **Center**, its affiliates, officers, agents, directors, employees, and owners of and from any and all manner of actions, cause and causes action, suits, damages, judgement or claims for personal injury the undersigned in connection with such participation or arising out of such participation.

“I, the undersigned, acknowledge that I have read and understand the legal consequences of the preceding.” “I understand the Policies and Procedures for the Plainfield Fitness Center.”

Semester	Member’s Signature	Date	Instructor Initials	Date