



UNIVERSITY RECREATION & WELLNESS

FITNESS

RecWell Couch to 5k/10k – January 2021 INFORMED CONSENT

In consideration of the University of Maryland's acceptance of my participation in the University Recreation & Wellness One-Month Online Fitness program, including the use of RecWell programming, facilities and equipment, I, for myself, my heirs, personal representative(s) and assigns hereby represent and agree as follows:

1. I understand that participation in this program is not part of the academic curriculum or job requirements of the University and is completely voluntary on my part.
2. I fully recognize and understand that there are risks and hazards, both minor and serious, associated with participation in fitness activities, including, but not limited to: cuts, scrapes, bruises, broken bones, muscle strains, pulls or tears, other bodily injuries, spinal injuries, heat prostration, blindness, deafness, heart attacks, temporary or permanent disabilities, paralysis and, even, death.
3. I understand that the RecWell Couch to 5k/10k program requires a minimum level of fitness for safe participation. I also understand that RecWell advises that participants in fitness programs have a physical examination to determine their fitness level for participation. **I further understand that the University of Maryland does not provide medical, health or other insurance for participants in RecWell programs.**
4. Knowing the dangers, hazards, and risks associated with participation in physical fitness activities, I voluntarily assume all responsibility and risk of loss, damage, illness and/or injury to person or property in any way associated with my participation in the RecWell Couch to 5k/10k program and the use of RecWell facilities.
5. I agree to abide by all rules and regulations applicable to participation in the RecWell Couch to 5k/10k program and use of RecWell facilities.
6. To the fullest extent permitted by law, I hereby release and forever discharge, and agree not to sue and to indemnify and hold harmless, the State of Maryland, the University of Maryland, University Recreation & Wellness, and their officers, agents, employees and volunteers from and against any and all liabilities, claims, demands and causes of action of any kind on account of any loss, damage, illness or injury to person or property in any way arising out of or relating to my participation in the RecWell Couch to 5k/10k program or use of RecWell equipment or facilities, whether due to the negligence, default or other action or inaction of any person or entity.

I CERTIFY THAT I AM 18 YEARS OF AGE OR OLDER AND THAT I HAVE READ AND FULLY UNDERSTAND THIS RELEASE AND INFORMED CONSENT FORM, AND I SIGN IT VOLUNTARILY WITH FULL KNOWLEDGE OF ITS SIGNIFICANCE.