APPENDIX B
MIDDLE GEORGIA STATE COLLEGE
WELLNESS CENTER
Assumption of Risk

Most health professionals agree that exercise is extremely beneficial for improving and maintaining an individual's health. Unfortunately, there is also an inherent risk of injury associated with physical activity. Middle Georgia State College's (MGSC) Wellness Center has, to the best of their ability, established policies to increase safety and decrease the danger. However, accidents may still occur and the center's members need to be aware of the potential for injury.

Types of injuries associated with physical activity include, but are not limited to, sprains, strains, contusions, fractures, joint dislocations, concussions, other types of musculoskeletal injuries, heart attacks, strokes, other types of ailments, and in rare cases, death. The risk of suffering from one of these injuries is relatively low, but does exist. Furthermore, certain factors may increase the risk of injury. These risk factors include, but are not limited to, prior injury, being overweight, having high blood pressure, using any form of tobacco, being male and age of 45 or older, being female and age of 55 or older, having a relatively inactive (not exercising regularly) lifestyle, and having a family history of any cardiovascular disease. The MGSC Wellness Center strongly recommends that if any individual has more than one of these risk factors that they seek the advice of a physician before becoming a member and beginning an exercise program. To further reduce the risk of injury, all individuals should begin new exercise programs at low levels of intensity and gradually increase the demands of exercise.

I,_____ , (print your name legibly) do hereby understand and accept all responsibilities, rules, and policies and assume all risks associated with my participation as an authorized member of MGSC's Wellness Center. Furthermore, I accept all responsibility and assume all risks for each of my dependent members listed below.

I also understand that certain factors may increase the risk of suffering some type of injury. I further understand that I should cease exercising and contact my physician if I experience any problems before, during, or after exercise sessions such as dizziness; fainting or feelings of fainting; impaired vision; pain in the chest, neck, jaw area, or in the arms; shortness of breath; swelling in any of the joints; or unusual fatigue.

_____ _____

Member Signature Date Date

Dependent Members: (Please print legibly)

_____ _____

_____ _____