



Recreation Facilities and Programs Liability Waiver

I/We (the undersigned) as a user of the **Northern Alberta Institute of Technology (NAIT) Activities Centre** agree to adhere to the policies, rules and regulations as detailed below.

I understand that there exists the remote possibility of adverse changes occurring during exercise including but not limited to; abnormal blood pressure, fainting, dizziness, disorders of heart rhythm and very rare instances of heart attack, stroke or even death. I further understand that there exists the risk of bodily injury including, but not limited to; injuries to the muscles, ligaments, tendons and joints of the body. I fully understand these risks and it is my desire to enter and utilize the equipment contained within these facilities for the purpose of physical exercise/activity. Bouldering can be a dangerous activity, by entering the bouldering wall facility to participate you are accepting the risk. We unfortunately cannot eliminate the chances of injury, nor can we guarantee that you will not be injured in a fall.

I hereby release NAIT, its agents, officers, employees, fitness instructors and personal fitness trainers from any liability with respect to any damage (including death) that I may suffer during my participation in physical exercise and/or fitness related activities except where the damage or injury is caused by the negligence of NAIT or its agents, officers, employees, fitness instructors and/or personal trainers.

I consent and agree to provide my one AT NAIT to NAIT staff upon entering the facilities to verify my usage. NAIT staff will periodically check users of the facilities for verification of usage and failure to produce and display this identification card may result in my being removed from the facilities. External users who pay a drop-in fee will be identified with a receipt of purchase or drop in pass granting them access to facilities at allotted times.

Any equipment used during physical exercise and/or fitness related activities is the property of NAIT and I agree to return it to its proper place within the facilities at the end of my use.

I agree to secure my personal belongings in an available locker during my use of the facilities. I will not store or carry any backpacks, gym bags, jackets or other items not directly related to my activities within the facilities, during my use. Theft on campus can be an issue and I will not hold NAIT, the facilities, staff, employees, instructors, or personal trainers responsible for lost or missing items. Only appropriate clothing and footwear is allowed within the facilities. No jeans, work boots, snow boots, open toed sandals or flip flops are allowed. Shirts must be worn at all times in the Fitness Weight Centre, gymnasium, arena, fitness studios and bouldering wall. NAIT staff reserve the right to warn, remove or suspend users for inappropriate attire.

I agree to bring only unbreakable water bottles into the facilities. No other food or beverages are allowed in the facilities during use.

To access the NAIT Fitness Weight Centre, all patrons must be at least 16 years old or be accompanied by an adult.

I will act respectfully and appropriately during my use of the facilities. I will refrain from profane language, inappropriate physical activity and/or loitering within the facilities. Department of Athletics and Recreation staff reserve the right to remove privileges of any individuals for conduct deemed unsafe and/or inappropriate.

The NAIT Activities Centre has been created for the students and staff of NAIT, as well as members of the public to participate in the pursuit of health and wellness. I agree to abide by the rules and regulations of the facilities and act in accordance with this waiver during my use.

_____(Printed name) ID # _____

_____(Signature) Date: _____