

**LEONARD CENTER – WHAM
PARTICIPATION WAIVER**

Liability Release Waiver

By signing below, I agree and acknowledge that some activities involved with use of the Leonard Center, its programs, and WHAM programs may be of a hazardous nature and include physical and/or strenuous exercise or activity. Understanding this, I am aware that participating in these activities involves risks of bodily injury and personal property damage including but not limited to: accident; illness; injury to or death of any person or persons involved. I understand that part of the risk involved in undertaking any activity or program is relative to my own state of fitness; mental, physical, or emotional health; and the awareness, care, and skill in which I conduct myself in that activity or program. **I acknowledge that physical activity may include but is not limited to stretching, walking, running, lifting, pushing, bending, endurance training, physical contact, jumping, twisting, personal interaction, and increased heart rate.** I acknowledge that I may experience potential health risks including but not limited to transient lightheadedness, faintness, abnormal blood pressure, chest discomfort, leg cramps, nausea, sprains, joint problems, fractures, lacerations, and sports-related injuries. I acknowledge my obligation to inform immediately the nearest supervising employee or program instructor of any pain, discomfort, fatigue, injury, or any other symptom(s) that I may experience during or after my participation at the Leonard Center, WHAM programming, or associated events.

I also realize that the Leonard Center and Kagin may be warmer than usual during the summer months, and during abnormally hot days, I will take the appropriate actions, which include but are not limited to staying hydrated; monitoring my physical well-being; and participating at a moderate and reasonable level. I state to the best of my knowledge I have no medical, physical, or mental health conditions that would hinder or prevent my active participation in any physical or athletic activity.

I certify that my health, physical condition, and general well-being is such that I am able to participate safely in WHAM or Leonard Center programming. I hereby assume full responsibility for all risk of injury or loss that may result from my participation in this activity and hereby agree to release Macalester College, WHAM, the Leonard Center, and employees from any and all liability arising out of or related to any WHAM or Leonard Center programs or activities in College buildings. I also agree to hold harmless Macalester College, WHAM, the Leonard Center, and employees from any claims and/or demands that I, any third person, or the representatives thereof may bring forward. This includes any injuries or losses arising directly or indirectly from my own assumption of risk due to participation and/or any negligent behavior committed on my behalf. The terms of this waiver will serve as a release and assumption of risk for myself, my heirs, my executors, my administrators, and for all of my family members.

Code of Conduct

By signing below, I agree to abide by Macalester College policies and regulations regarding my participation in the Leonard Center and Macalester College athletic facilities. In addition, I agree to follow any and all instructions provided by WHAM or Leonard Center student and professional staff. I will act in accordance with the [Leonard Center Code of Conduct](#) as stated in the policy and procedure manual. I understand that violating the Leonard Center Code of Conduct may result in suspension or revocation of membership and use of Macalester College athletic facilities.

Refunds

I acknowledge that Macalester College and WHAM are unable to issue any refunds once the class has begun.

