

# Waiver

## AGREEMENT

I, the undersigned, do hereby acknowledge and understand that I may, at times, be using the University of \_\_\_\_\_ Strength Training Facility at times when no supervisor or employee of the Facility is present to oversee and instruct me in the use of the Facility and its equipment. I further acknowledge that I have been advised of the risks involved in the use of the Facility and its equipment, and I further acknowledge that I have been warned that my unsupervised use of the Facility and its equipment could result in injury or harm to myself, and that I acknowledge and assume any such risk to my person should I use the Facility and its equipment without supervision. In the event that I should sustain injury to myself as a result of my use of the Strength Training Facility and its equipment with or without supervision, I hereby agree to hold harmless the University of \_\_\_\_\_, the coaches, trainers or supervisors, or any other employees. I have read and fully understand the contents of the "Hold Harmless Agreement" and execute same as my own voluntary act.

Date: \_\_\_\_\_ Signature: \_\_\_\_\_