



**SASKATCHEWAN POLYTECHNIC FITNESS FACILITY AND INTRAMURAL ACTIVITY  
INFORMED CONSENT, WAIVER, RELEASE and INDEMNITY**

**Acknowledgment of Risk and Informed Consent**

**Please check the box or boxes which apply to you:**

- I ACKNOWLEDGE that my use of Saskatchewan Polytechnic fitness centres and gym facilities (the “Fitness Facilities”) is voluntary, and at my own risk.
- I ACKNOWLEDGE that my participation in Saskatchewan Polytechnic intramural sports and activities (“Intramurals”) is voluntary, and at my own risk.

I UNDERSTAND that there are inherent risks and dangers associated with physical exercise and athletic activities, including the risk of personal injury, bodily harm, and even a risk of death.

I ACKNOWLEDGE that I am solely responsible for ensuring that my overall health and physical condition is suitable for the exercise and physical activities that I choose to undertake. If I have or may have any underlying health or medical risk factors, I am responsible for seeking medical consultation, advice and approval of a physician, before proceeding to use the Fitness Facilities and/or before participating in Intramurals.

**I have read, understood and agreed to the contents of this acknowledgment of risk and informed consent.**

\_\_\_\_\_ (*initial*)

**Release of Liability, Waiver of Claims and Indemnity**

In contemplation of the above, and in consideration of my use of the Fitness Facilities and/or participation in Intramurals, I DO HEREBY:

- a) waive any and all claims that I have or in the future may have against Saskatchewan Polytechnic and/or Saskatchewan Polytechnic Students’ Association Inc. (the “Releasees”), in connection with use of the Fitness Facilities and/or participation in Intramurals, whether in tort, contract, statute or otherwise;

\_\_\_\_\_ (*initial*)

- b) release the Releasees from and against any and all liabilities, losses, damages, claims, actions and/or causes of action, demands, costs and expenses relating to injury, illness, death, loss, or damage to person or property, whether foreseen or unforeseen, and howsoever caused

(including as a result of negligence, breach of contract or breach of any statutory or other duty of care by any one or more of the Releasees), arising out of or in connection with use of the Fitness Facilities and/or participation in Intramurals;

\_\_\_\_\_ (*initial*)

- c) agree that I shall hold harmless and indemnify the Releasees from any and all liability for any damage to property, loss of life, bodily injury, or personal injury, whether to me or to any third party, arising as a result of my use of the Fitness Facilities and/or participation in Intramurals; and

\_\_\_\_\_ (*initial*)

- d) agree and acknowledge that I am not relying upon any oral or written representations or statements made by the Releasees in choosing to sign this document or in choosing to use the Fitness Facilities and/or participate in Intramurals.

\_\_\_\_\_ (*initial*)

**Please check which box applies to you:**  Student     Employee     Alumni     SPSA  
 Retired employee     Affiliate

**Print NAME:** \_\_\_\_\_

**SIGNATURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_