

Florida Atlantic University (Broward)  
Department of Campus Recreation  
**One Week Introductory Trial Pass**  
**FAU Faculty/Staff Only**

**Office Use Only**

☐ Consent Form Signed

☐ PAR-Q Signed

Access Date: \_\_\_\_\_

Member Specialist: \_\_\_\_\_

**Guest Information**

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

**Introductory Pass Agreement**

The undersigned certifies he or she is 18 years of age or older. It is also understood and agreed that during the visit, he or she is attending FLORIDA ATLANTIC UNIVERSITY, CAMPUS RECREATION FACILITIES & PROGRAMS and using the facilities, programs and equipment therein, does so at his or her own risk. **The undersigned must understand the One Week Introductory Trial Pass is issued as a courtesy for potential Campus Recreation Members and is valid for one week.**

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

Please complete and sign attached Consent and PAR-Q forms

## Informed Consent Agreement

Thank you for choosing to use the facilities, services and programs of the Florida Atlantic University Department of Campus Recreation. We request your understanding and cooperation in maintaining both your and our safety and health by reading and signing the following informed consent agreement.

I, the undersigned, **declare** that I intend to use some or all of the activities, facilities, programs and services offered by the FAU Department of Campus Recreation and I understand that each person, (myself included), has a different capacity for participating in such activities, facilities, programs and services. I am aware that all activities, services and programs are offered are educational, recreational or self-directed in nature. I assume full responsibility, during and after my participation, for my choices, to use or apply, at my own risk, any portion of the information or instruction I receive.

I understand that part of the risk involved in undertaking any activity or program is relative to my own state of fitness or health (physical, mental, or emotional) and to the awareness, care, and skill with which I conduct myself in that activity or program. I acknowledge that my choice to participate in any activity, service and program of the FAU Department of Campus Recreation brings with it my assumption of those risks or results stemming from this choice and the fitness, health, awareness, care and skill that I possess and use. I understand and agree that my participation in the activities, programs and services may or will involve strenuous physical exertion and, therefore, a potential risk of serious physical injury, accident or death.

I further understand that the activities, programs and services offered by the FAU Department of Campus Recreation are sometimes conducted by personnel who may not be licensed, certified or registered instructors or professionals. I accept the fact that the skills and competencies of some employees and/or volunteers will vary according to their training and experience and that no claim is made to offer assessment or treatment of any mental or physical disease or condition by those who are not duly licensed, certified or registered and herein employed to provide such professional services.

I state that I am solely responsible for my own participation and for my own physical well-being. I am aware and understand that it will be my own choice to participate in each activity to whatever degree I deem appropriate, after due consideration of my own physical health, physical, mental and emotional abilities and medical condition. I willingly and knowingly assume for myself, my heirs, family members, executors, administrators, and assigns, all risk of physical injury, accident or death which may occur before, during or after my participation in any aspect of the activity, program or service. Being aware of the dangers and risks inherent in the activities, programs and services, I nonetheless voluntarily choose to attend and participate in the activities and I assume all risks arising out of such participation, including travel to and from the various locations.

In exchange for permission to participate in the activities, programs and services, I release, acquit, forever discharge and waive any claims which I may have against the State of Florida, Florida Atlantic University and their respective Trustees, employees, officers and agents, and I hold them free and harmless of and from all actions, causes of action, claims, damages and costs arising from and accruing to me on account of death or any and all accident or injury to me, either directly or indirectly sustained by me as a consequence of my travel to or from, or my participation in the activities, programs, services, or both.

I understand that I may ask any questions or request further explanation or information about the activities, facilities, programs and services offered by the FAU Department of Campus Recreation at any time before, during or after my participation.

I understand that I am at least 18 years of age and all guests that I sponsor are 18 years of age. I understand that it is my responsibility to present my photo ID and Membership Card to enter all Campus Recreation facilities. I understand that I may not enter into any for profit business agreements that utilize FAU Campus Recreation facilities. I understand that FAU Campus Recreation is not responsible for any items lost or stolen.

I HEREBY UNDERSTAND THAT THIS AGREEMENT IS BINDING FOR THE LENGTH OF TIME OF MY MEMBERSHIP AND IS NON-TRANSFERABLE AND NON-REFUNDABLE. I understand that a processing fee of \$30 will be assessed to cancel my membership prior to the end of the contracted term based on my selected membership type. I understand that my membership privileges are subject to suspension or cancellation due to inappropriate behavior, as determined by the Department of Campus Recreation policies and procedures. I understand that I must inform FAU Campus Recreation of any changes in my membership classification, at any time that such changes occur (i.e. spouse of faculty/staff member who no longer works for FAU or enrolling as an FAU student). I will be responsible for all charges/payments that occur prior to notifying the Membership Office of changes to my membership type. I hereby consent to the above terms by signing this authorization.

I have read and understand the provisions of the foregoing Consent and Release document and do freely accept its terms.

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Signature

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Print Name

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Date

## PAR-Q - Physical Activity Readiness Questionnaire

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

Yes ☐ No ☐ Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

Yes ☐ No ☐ Do you feel pain in your chest when you do physical activity?

Yes ☐ No ☐ In the past month, have you had chest pain when you were not doing physical activity?

Yes ☐ No ☐ Do you lose your balance because of dizziness or do you ever lose consciousness?

Yes ☐ No ☐ Do you have a bone or joint problem that could be made worse by a change in your physical activity?

Yes ☐ No ☐ Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

Yes ☐ No ☐ Do you know of any other reason why you should not do physical activity?

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### **If you answered YES to one or more questions:**

Your physician must complete our medical release form prior to using our facilities and programs. With your physician's approval you may be able to do any activity you want as long as you begin slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.

### **If you answered NO honestly to all PAR-Q questions, you can reasonably be sure that you can:**

Start becoming more physically active - begin slowly and build up gradually. This is the safest and easiest way to go.

### **Delay becoming more active if:**

If you are not feeling well because of temporary illness such as a cold or a fever - wait until you feel better.

If you are or think you may be pregnant, talk to your doctor before you start becoming more active.

**I have read, understood and completed this questionnaire. Any questions that I had were answered to my full satisfaction.**

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date