



I am voluntarily participating in the programs, and/or using the services, and/or facilities of Western Carolina University's Department of Campus Recreation & Wellness with full knowledge, understanding, and appreciation of the risks of injury inherent in any physical exercise, physical activity, or program and expressly assume all the risks of injury and even death, which could occur by reason of my facility/equipment usage. I hereby agree to abide by all rules, regulations, and guidelines for use or participation in/of CRW programs, services and/or facilities. I hereby waiver any and all claims and release and forever discharge directors, trustees, officers, agent or employees from any and all actions, claims, damages, judgments, demands, rights, and causes of action of whatever kind or nature, arising out of all known and unknown, foreseen and unforeseen bodily and personal injuries or damage to property arising out of or related to my voluntary use of services and/or facilities. I understand that all personal property brought to CRW programs or facilities is brought at my sole risk as to its theft, damage, or loss.