



### **Virtual Group Fitness Participant Waiver**

The University of Colorado welcomes you as a virtual fitness participant. By joining the meeting (group fitness class) you agree to the following: I exercise my own voluntary choice to participate in instruction provided by the University of Colorado. I understand and assume all associated risks of the designated activity.

Description of Potential Risks: I understand that the reaction of the cardiovascular system to exercise cannot always be predicted, and there is a risk of certain abnormal changes occurring during or following exercise including abnormalities of blood pressure or heart attacks. Exercise may lead to musculoskeletal injury if adequate safety procedures are not followed. I understand that Wellness & Recreation Services, and their employees (seller) shall not be liable for any damages arising from personal injuries to client (buyer) during designated activities. Clients (buyer) participates at his/her own risk and assumes full responsibility for any injuries or damages which may occur. By clicking on the zoom meeting, I agree to assume all risk of personal injury or loss, bodily injury (including death), damage to or loss of, or destruction of any personal property resulting from or arising out of participation in the designated activity. I also release, waive, indemnify, hold harmless, and discharge the University of Colorado from all claims, damages, and injuries arising out of my activities, provided by the University of Colorado.

The University of Colorado does not provide health insurance for individuals participating in activities. You or your personal health insurance will be responsible for payment of medical services for any injuries sustained during the designated activity. I hereby certify that I have read and understand provisions above. For participants under 18 years old, parents/guardians accept the terms and grant permissions on behalf of minors, as permitted by C.R.S. § 13-22-107.