

## RELEASE FORM

I understand that participation in Residence Life & Housing events in which I elect to participate along with certain students, faculty or staff of Wake Forest University (“WFU”), may expose me to certain risks or dangers. The events may include, but are not limited to, hall programs [movies, games, meals, etc.], off-campus trips [movies, meals, shopping, Wake Forest away games, etc.], or sporting events [hiking, bowling, paintball, canoeing, intramurals, etc.]. Examples of the potential dangers and risks include minor injuries such as abrasions or scrapes, major injuries such as broken bones, and life-threatening injuries such as spine, head and neck injuries or heart failure. These examples are not intended to be all-inclusive, but merely to exhibit my awareness of the risks inherent in my participation in the events.

I understand that WFU does not require me to participate in any activities of the events; I voluntarily choose to participate and I voluntarily assume the risks.

Understanding these risks and understanding that participation in the activities of the events may subject me to physical exertion, I hereby state that I am physically fit to participate in the activities surrounding the events.

I will allow WFU to take actions it believes will protect my health and safety during the events. I agree to pay the costs that may result from those actions. I will not ask for money or services from WFU. No one will bring a lawsuit against WFU for actions taken to protect my health and safety.

I further release WFU, its officers, trustees, employees, students, and agents from any and all liabilities, claims, or demands for damages for personal injury, disability, property damage or other loss of any kind that I may sustain as a result of my participation in the events, except for claims arising from the gross negligence of WFU.