Welcome to the Dean’s Challenge 2016. As a participant in the Dean’s Challenge, you are eligible to participate in scheduled programmed events that are located in the Sport & Fitness Center. A listing of all programmed events can be found on the front of your scorecard. If you will be participating in an event that is scheduled in the Sport & Fitness Center, please read the following and complete your information in the section below.

Although there are definite benefits of exercise in terms of quality and enjoyment of life, strenuous exercise is not without risk of injury to the musculoskeletal and cardiovascular systems. Before using the exercise facilities at the Sport & Fitness Center, you and your physician should decide on the appropriateness of these exercises for you given your known risk factors and the current state of your health.

Once in an exercise routine, if an exercise feels awkward or risky in any way, don’t proceed until you get the guidance you need to make it feel safe. If you experience pain during exercise, stop and consult with your instructor or with a doctor if necessary. Pain, discomfort, and anxiety have no place in sound fitness activity. If they surface, obtain the help you need to change your exercise so that they are eliminated. The Sport & Fitness staff can help you with these issues or direct you to sources of assistance.

I have read and understand the above information; I agree that it is my responsibility and not the responsibility of Georgetown Law or Health Development to require me to consult with a physician prior to commencing any exercise program, to remain under medical supervision if that is indicated, and to seek medical assistance in the event of an injury.

PRINT NAME: ______________________________

Email: ________________________ Shirt Size:______

Staff/Faculty/Student: ________________________

If a student, which year are you currently in; _______

Signature: _______________________________

Please print this form and bring it with you to a registration table or to the Sport & Fitness front desk before January 29th.