



UREC Healthy Lifestyles Suite

ORIENTATION REGISTRATION

SKIN FOLD ASSESSMENT REGISTRATION

Submit completed form and payment (if necessary) at the UREC Guest Services desk.

PARTICIPANT INFORMATION

LAST NAME	FIRST NAME	GENDER	DATE OF BIRTH: MM/DD/YYYY	AGE
DAY TELEPHONE	EVENING TELEPHONE	EMAIL ADDRESS		
CLASSIFICATION	<input type="checkbox"/> FRESHMAN	<input type="checkbox"/> SOPHOMORE	<input type="checkbox"/> JUNIOR	<input type="checkbox"/> SENIOR
	<input type="checkbox"/> FACULTY/STAFF	<input type="checkbox"/> SPOUSE/PLUS 1/DEPENDENT	<input type="checkbox"/> GRADUATE STUDENT	
		<input type="checkbox"/> AFFILIATE		
LIST THE TIMES YOU ARE AVAILABLE TO SET UP AN APPOINTMENT				
_____	_____	_____	_____	_____
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

SELECT SERVICE

CARDIO, WEIGHT & FITNESS AREA ORIENTATION NO CHARGE
 The Cardio, Weight, & Fitness Area Orientation consists of a tour of the cardio, weight, & fitness area of the UREC Student Recreation Complex. During this orientation, a member of the UREC staff will demonstrate how to use cardio machines and weight equipment that works each major muscle group.

SKIN FOLD ASSESSMENT \$10.00 LSU Student \$12.00 UREC Member

A skin fold assessment provides a baseline measurement of estimated body fat percentage to give you a point of reference in reaching your fitness goals. A skin fold test estimates total body fat percentage. The measurement is taken using a skin fold caliper for men at the chest, abdomen, and thigh and for women at the triceps, sacroiliac, and thigh. Remember to wear loose-fitting clothing.

PARTICIPATION AGREEMENT

I understand and agree that there is a risk of serious injury to me while utilizing University Recreation facilities, equipment, and programs and recognize every activity has a certain degree of risk, some more than others. By participating, I knowingly and voluntarily assume any and all risk of injuries, regardless of severity, which from time to time may occur as a result of my participation in athletic and other activities through LSU University Recreation. I hereby certify I have adequate health insurance to cover any injury or damages that I may suffer while participating, or alternatively, agree to bear all costs associated with any such injury or damages myself. I further certify that I am in good health and have no mental or physical condition or symptoms that could interfere with my safety or the safety of others while participating in any activity using any equipment or facilities of LSU University Recreation. I understand and agree that I alone am responsible to determine whether I am physically and mentally fit to participate, perform, or utilize the activities, programs, equipment or facilities available at Louisiana State University, and that I am not relying on any advice from LSU University Recreation in this regard. To the extent I have any questions or need any information about my physical or mental condition or limitations, I agree to seek professional advice from a qualified physician. Further, I hereby RELEASE AND HOLD HARMLESS, the State of Louisiana, the Board of Supervisors of Louisiana State University and Agricultural & Mechanical College, and its respective members, officers, employees, student workers, student interns, volunteers, agents, representatives, institutions, and/or departments from any and all liability, claims, damages, costs, expenses, personal injuries, illnesses, death or loss of personal property resulting, in whole or in part, from my participation in, or use of, any facility, equipment, and/or programs of Louisiana State University.

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PARTICIPANT SIGNATURE DATE

FOR OFFICE USE		
<input type="checkbox"/> NO FEE - ORIENTATION	PAYMENT PROCESSED BY _____ (GUEST SERVICE)	PAYMENT TYPE _____
<input type="checkbox"/> \$10 FEE - SKIN FOLD ASSESSMENT (Student)		
<input type="checkbox"/> \$12 FEE - SKIN FOLD ASSESSMENT (UREC Member)	DATE: ____ / ____ / 2009	TIME: ____ : ____ AM PM