

IMPORTANT: THIS IS A LEGAL DOCUMENT

Please read and understand this document before signing. ~~to participate in the Physical Training Program (NROTC Unit)-6.7(e)/(6.7(f))~~

The Physical Training Program may consist of the following activities: pull-ups, push-ups, upper body conditioning, rope climbs, calisthenics, abdominal exercises, distance running, endurance running (including runs with weighted packs and/or boots/utility runs and/or obstacle/confidence courses), hiking (with and without weighted packs), timed track work-outs, mock physical/combat fitness tests, exercises/drills (low crawl, fireman’s carry, bear crawl, commando crawl, etc.), plyometrics, log drills (carrying logs while running/hiking), weight training, swimming, water entries, water survival skills, and circuit training, to name a few. The Physical Training Program may also consist of field training exercises, such as land navigation/orienteering, live fire exercises, fire team/squad formations, repelling, fast-roping, and field trips to locations of interest to future Navy and Marine Corps officers. It is noted that participation in the preceding activities may involve transportation to and from the NROTC UNIT.

A physician’s approval is suggested prior to your participation in this program. Participation in any or all of the activities stated above may result in bodily injury, strains, fractures, partial and/or total paralysis, or other ailments that could cause serious disability or death. It is also possible that some participants would suffer mental anguish or trauma from the experience or their injuries. The preceding list is not an exclusive or exhaustive statement of possible injuries, trauma, or accidents that may occur while participating in the Physical Training Program. You should not participate in this Physical Training Program if you are using drugs or alcohol or have any limiting factors, physical conditions, or disabilities.

CONTRACT, WAIVER, RELEASE AND INDEMNIFICATION

I certify that I am fully capable of participating in the Physical Training Program and that I have read the above statement concerning some of the possible risks associated with the Physical Training Program. Accordingly, I assume full responsibility for bodily injury, death, loss of personal property and any expenses that are a result of my negligence or the negligence of another participant in the program or activity, or the negligence of the United States or its employees/agents. I also understand that the NROTC UNIT reserves the right to refuse participation to any person it judges to be incapable of meeting the rigors and requirements of the Physical Training Program. I am in good physical condition and able to undertake the activities associated with this program.

I, on behalf of myself, my family, and my heirs and assigns, agree to indemnify and hold harmless the United States of America and its employees/ agents from all claims, damages, losses, injuries and expenses arising out of or resulting from my participation in the Physical Training Program, including all claims, damages, losses, injuries and expenses arising out of or resulting from my transportation to and from the activities of the Physical Training Program. I further agree to release, acquit and covenant not to sue the United States of America or its employees/agents for all actions, causes of action, claims or damages, damages in law or remedies in equity of whatever kind including the negligence of the United States and its employees/agents. In short, my family members, heirs, assigns and I cannot sue the United States of America or its employees/agents, and if I or they do, we waive the collection of any monetary damages.

