Purpose
Part of the NSF sponsored ADVANCE program, NetWalking is an activity to facilitate faculty social and intellectual interactions while promoting health and well-being.

Regulations and Guidelines
Participation in NetWalking assumes that you have carefully read, signed, and agreed to follow the terms and conditions outlined in both the UDM University Recreation and NetWalking Liability Waivers. The UDM University Recreation Liability Waiver can be accessed through the UDM website at http://www.udmercy.edu/fitnesscenter/membership/index.htm and in person at the UDM Fitness Center help desk. If you need any special accommodations, please express your needs to one of the NetWalking facilitators prior to the activity.

Risk Statement
Your participation in the NetWalking activity is strictly voluntary. While there are no anticipated risks to NetWalking, it is recommended that, prior to participation, you consider any pre-existing medical conditions that may be impacted by physical activity. Walking should not be done strenuously. If you experience any symptoms of lightheadedness or other physical discomfort, you should cease immediately and consult your physician. There is a Health Center on campus and accommodations will be made in the instance you may need medical attention. In addition, it is recommended that NetWalkers wear attire suitable for moderate physical activity (e.g. walking shoes, comfortable clothing, etc.) In the instances where NetWalking occurs outdoors, it is recommended that you exercise good judgment and dress for both comfort and safety (e.g. boots, gloves, coats, etc.). Any injury or cost resulting from injury occurring during NetWalking is the individual’s responsibility. If an injury should occur, it is advised that you notify any member involved in facilitating the NetWalking activity. You agree to hold harmless and release from liability UDM (including its officers, trustees and employees) from any and all liability in connection with your participation in NetWalking.

I have read and agree to the terms and conditions stated in this document:

_____________________________________________ ________________________
Participant Signature Date

□ I have received my NetWalking pedometer.

_____________________________________________
Participant Name (Printed)