



## Life Fitness Center

### Membership Agreement and Acknowledgement of Risk

Please Fill out both sides of this form. Incomplete forms will not be accepted.

**PLEASE CHECK ONE:**

Student

Staff/Faculty

Alumnus

Name (print legibly, please): \_\_\_\_\_  
LAST FIRST MI

Student ID# (if applicable): \_\_\_\_\_

**EMERGENCY CONTACT (ALL MEMBERS MUST HAVE ONE ON FILE):**

Name: \_\_\_\_\_

Relationship: \_\_\_\_\_

Phone #: \_\_\_\_\_

Alt. Phone #: \_\_\_\_\_

#### PHYSICAL ACTIVITY READINESS

If you are currently under a physician's care for any type of medical condition or have previously been under such care, and/or are currently taking or have taken prescription drugs for a medical condition, you are strongly urged to consult with your health care provider before conducting any exercises, using any physical fitness equipment, or beginning any physical fitness program at the CCCC Life Fitness Center.

#### ACKNOWLEDGEMENT OF RISK AND CONSENT

I understand that by signing this document I am representing that I understand all of its terms and conditions and that I fully intend to be bound by the same. I also understand that I may wish to consult with my attorney prior to signing this document. In consideration of being allowed to use the Cape Cod Community College Life Fitness Center ("facility"), and/or participate in recreational programs or classes sponsored or offered by the facility, I hereby voluntarily execute this Acknowledgement of Risk and Consent. I represent that I am at least eighteen years old and competent to sign this form.

I understand that there are certain dangers, hazards and risks associated with my use of the facility and the equipment located therein ("the equipment"). I further understand that all risks cannot be prevented. In light of the risks associated with the use of the facility and its equipment, I may wish to consult with a physician or other health care provider regarding my current physical and mental fitness prior to beginning any physical fitness workout or regimen. I represent that I am physically and mentally able to use the facility and its equipment in a safe manner.

As a user of the facility, I shall follow all applicable facility policies and procedures and comply with all directives issued by the facility staff. I agree to refrain from the use of offensive or inappropriate language, wear appropriate exercise attire, use the equipment in accordance with its intended use, and respect the individual privacy of others utilizing the facility. I understand that a violation of any facility policies or procedures may result in disciplinary action up to and including suspension or expulsion from the facility and/or the College. I understand and agree that the College does not provide medical services or medical personnel at the facility. Therefore I consent to emergency medical care should it be required. I represent that I am covered by adequate medical/health/accident insurance for any injury that I may suffer while using the facility. In the event I must be transported to a doctor or hospital for medical treatment, I acknowledge that the College will not be obligated to provide such transportation, nor assume any responsibility for such transportation.

On behalf of myself, my family, and my heirs, I hereby agree to assume all risks associated with my use of the facility and its equipment, and I hereby release and discharge from liability and waive any legal action against Cape Cod Community College, its governing board, officers, agents, and employees (collectively, "the released parties") for any personal injury, death, or property damage that I may suffer, due to any cause, including but not limited to negligence of the released parties, arising out of or in any way connected to my use of the facility and/or its equipment.

I understand and agree that this document shall be construed in accordance with the laws of the Commonwealth of Massachusetts. If any term or provision of this document shall be held invalid or unenforceable, the remaining terms and provisions shall remain in full force and effect.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

## LIFE FITNESS CENTER RULES AND POLICIES

\_\_\_\_\_(INITIAL) **Facility Usage**

- The Fitness Center, Racquetball Court, and Gymnasium may be used by CCCC students, employees, and alumni. **GUESTS ARE NOT PERMITTED.** All users are required to follow the information outlined in this document.
- You must complete the Membership Agreement and Acknowledgement of Risk Form **PRIOR** to using the Fitness Center, Racquetball Court, or Gymnasium.
- You must present a valid CCCC ID every time you visit. **NO CARD, NO ENTRY!** All students must be registered in the current term.
- All users must sign in on the ledger provided. Please print name and student ID legibly. Do not use initials.
- Emergency Exits are for **EMERGENCY EXIT ONLY.** All users must enter and leave through the main door(s) only.

\_\_\_\_\_(INITIAL) **Risk and Liability**

- I intend to consult with my healthcare provider before using any physical fitness equipment or beginning any physical fitness program.
- The College does not provide medical treatment or services in the event of an emergency.
- I assume all risks associated with my use of the Life Fitness Center, its programs and equipment.
- The College assumes no responsibility for lost or stolen items.

\_\_\_\_\_(INITIAL) **Dress Code, Lockers, and Personal Items**

- Shirts and shoes (non-marking soles) must be worn at all times. No bare feet or socks. Boots, jeans, dress shoes, flip flops, etc... are not permitted.
- All bags, jackets, and personal belongings are prohibited in and around the Fitness Center and Gymnasium and must be stored in a locker.
- Lockers are for day use only while users are in the Life Fitness Complex. No items may be left overnight.
- Showers are available in the locker rooms. Users must provide their own towels and hygiene products.
- Staff is not allowed to hold money/valuables for users. **NO EXCEPTIONS.**

\_\_\_\_\_(INITIAL) **Conduct and Behavior**

- All students must abide by the Student Code of Conduct.
- No foul language or inappropriate behavior.
- No spitting on the floor or in water fountains.
- No food or drink in the Fitness Center and Gymnasium. Capped water bottles only.
- No loitering.
- Dispose of trash, paper towels, and gym wipes in the appropriate receptacle.
- Headphones must be worn to listen to personal music.
- Observe proper hygiene by showering regularly and wearing clean clothing.

\_\_\_\_\_(INITIAL) **In the Fitness Center**

- Read the instructions for each machine to identify targeted muscle group and proper set up.
- Remove weight plates from bars and/or return dumbbells/weights to rack after use.
- Wipe down equipment after use.
- Spotters are required on applicable exercises.
- Do not drop weights.
- End clamps must be used on barbells. **NO EXCEPTIONS.**
- Report to a staff member any machine that may need repair.
- If you're unclear about machine usage, please ask a staff member.
- Only CCCC equipment may be used in the center. No outside equipment/weights/ropes.

\_\_\_\_\_(INITIAL) **In the Gymnasium**

- Dunking is not allowed.
- No hanging on rims, backboards, support systems, railings, doors, etc...
- Do not pull out the bleachers or sit on top when they are pushed in.
- During open gym, winning teams only that on the court for two consecutive games if others are waiting.

\_\_\_\_\_(INITIAL) **Sports and Fitness Equipment**

- Users may check out equipment (basketballs, rackets, jump ropes, etc) in the Fitness Center with a CCCC ID.