

Fitness Center Policy and Waiver Agreement

Emergency Action Plan:

Presenting IDs to the supervisor is mandatory to ensure your safety while participating in any Fitness Center and Recreational Sports activity. Having the proper identification present will help us identify you in case of an accident or injury during your fitness activities. Thank you for your participation and constant support of our program.

Waiver and Acknowledgment:

It is possible that not everyone should participate in the various programs and activities at the Fitness Center. I acknowledge that I have discussed my participation with my healthcare provider(s), or have chosen not to do so.

In consideration of my voluntary participation exercising in the Valparaiso University Fitness Center, I hereby release Valparaiso University and its employees and representatives from any liability for injuries sustained while participating in such programs. This release shall apply to any acts or omissions whether negligent on the part of the University and its representatives and to any acts or omission of other participants. THIS IS A RELEASE.

Participant Policies:

I acknowledge that my participation is subject to the VU Fitness Center Participant Policies as they may be amended from time to time.

Date _____

Signature _____
(Participant or Legal Guardian)

ID Number _____

Name _____

VU Fitness Center Participant Policies

In accordance with Valparaiso University's Code of Conduct and standards of care for the fitness industry, the following policies are to be understood and followed by EVERYONE who uses the Fitness Center and/or ARC:

Before using the facility, all participants must complete the registration packet and pay appropriate fees. Staff led tours and orientations are available upon request.

For both security and utilization tracking, all participants using the facility must present their valid VU ID card at the Front Desk upon entering the Fitness Center.

VU Students age 16 to 18 will not be permitted to use the Fitness Center without a signed parental consent. No one under the age of 16 is permitted to use the facility. Children are not allowed to accompany parents or other adults into the Fitness Center.

No food or drinks other than water in a closed container are permitted in the Fitness Center.

The lockers are to be used to store shoes, clothes, school bags, valuables etc. They are not for overnight use. Bringing a lock for the lockers is strongly encouraged. The Fitness Center is not responsible for lost or stolen articles from either the locker rooms or Fitness Center lockers. No bags or backpacks are permitted on the Fitness Center floor.

Participants are expected to be courteous of each other and staff. Courteous behavior includes, but is not limited to appropriate language and gestures.

Appropriate exercise clothing and shoes are required for use of the Fitness Center. Shirts are to be worn at all times. Inappropriate clothing includes, but is not limited to sandals, flip-flops, jeans, suggestive clothing and clothing with offensive language and/or graphics. To protect the floor in the Aerobics Room, only appropriate athletic shoes are permitted. High heels, dress shoes, and other hard-soled footwear or shoes leaving black marks are not permitted.

Abuse of the equipment will not be tolerated. This includes dropping of dumbbells, weight plates, and allowing weights stacks to fall in an uncontrolled manner. Collars should be used on bars at all times and weight plates returned to proper rack when finished.

The ARC is a multi-use facility. Use of the ARC's: programming rooms, pool and basketball courts are at times limited because of athletic team workouts, academic activity classes and special events. Please check the posted schedules and the web page for specific times of these restrictions.

There are no refunds, partial payments or partial year memberships available. Memberships terminate upon leaving the employment of VU and/or the status of an enrolled student (for faculty, staff and spouse memberships).

Fitness Center membership carries with it the responsibility of appropriate conduct. Violation of any rules or other abusive or irresponsible behavior may result in a suspension of Fitness Center privileges or removal from the Fitness Center. Admission to the Fitness Center is a privilege, not a right, and VU reserves the right to remove and/or ban members and guest from the Fitness Center if, in the University's sole discretion, such members or guest are disruptive or believed to have violated University policies.

As needed, VU Police can and will be called to help enforce these policies.

By signing this document, I acknowledge the fact that I have read these policies and fully understand their meaning and I agree to abide by them. I am aware that my privileges to use the Fitness Center and ARC facilities may be suspended and/or terminated for violation of the stated policies.

Participant signature _____ Legal Guardian signature _____

Print Name _____ Print Name _____

Date _____