

## HEALTH AND WELLNESS 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	
Name (print legibly, ple	ease):		
	LAST	FIRST	МІ
Student ID # (if applical	ble):		
EMERGENCY CONTACT	(ALL MEMBERS MUST HAVE	ONE ON FILE)	
Name:		Relationship:	
HEALTH HISTORY SELF-	ASSESSMENT		

If you answer YES to any of the following questions, please contact your physician and obtain clearance *before* proceeding with any fitness program.

- 1. Has your doctor ever said that you have a heart condition and/or that you should only perform physical activity recommended by a doctor?
- 2. Do you feel pain in your chest during physical activity?
- 3. Do you lose your balance because of dizziness or do you every lose consciousness?
- 4. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
- 5. Is your doctor currently prescribing any medication for your blood pressure, cholesterol level, or a heart condition?
- 6. Are you diabetic?
- 7. Do you have a respiratory condition such as asthma, bronchitis, or emphysema?
- 8. Are you epileptic or do you experience seizures?
- 9. Are you currently taking any prescription medications that would limit your participation in an Exercise program?
- 10. Has your doctor advised you for any reason that you should not engage in an exercise program?

## ACKNOWLEDGEMENT OF RISK AND CONSENT FORM

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 Bunker Hill Community College 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 Form. 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 regiment. 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 Bunker Hill Community College, its governing board, officers, agents and employees (collectively, "the released parties") for any personal injury, death, or property damaged I may suffer, due to any cause, including but not limited to the 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 help invalid or unenforceable, the remaining terms and provisions shall remain in full force and effect.

Signed:

## HEALTH AND WELLNESS CENTER RULES AND REGULATIONS

(INITIAL)	Facility Usage
0	The Fitness Center and Gymnasium may be used by all BHCC students, staff, and faculty. GUESTS ARE NOT
	<b>PERMITTED.</b> All users are required to follow the information outlined in this document.
0	You must complete the Membership Agreement and Acknowledgement of Risk Form and take part in a brief
	(15-20 min) orientation PRIOR to using the Fitness Center or Gymnasium. Orientations are offered every half hou
0	You must present a valid BHCC ID every time you visit. NO CARD, NO ENTRY! All students must be registered in the
	current term.
0	All users must sign in on the ledger provided. <b>PLEASE</b> print name and student ID legibly. Do not use initials. Emergency Exits are for <b>EMERGENCY EXIT ONLY</b> . All users must enter and leave through the main entrances only
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(INITIAL)	Risk and Liability
0	The college assumes no responsibility for any injury that may occur. USE EQUIPMENT AT YOUR OWN RISK.
0	The college assumes no responsibility for lost or stolen items.
(INITIAL)	Dress Code, Lockers, and Personal Items
0	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.
0	All bags, jackets, and personal belongings are prohibited in and around the fitness center and gymnasium and mu
	be stored in a locker.
0	G-Building lobby lockers are for use while in the fitness center ONLY. Users can obtain a key in the Fitness Center
	Gymnasium users must provide their own lock and secure belongings in the locker room. No overnight storage.
0	Showers are available for use in the locker rooms. Users must provide their own towels and personal hygiene
	products. Turn off showers after use.
0	Staff is not allowed to hold money/valuables for users. <b>NO EXCEPTIONS.</b>
(INITIAL)	Conduct and Behavior
0	All students must abide by the Student Code of Conduct.
0	No foul language or inappropriate behavior.
0	No spitting on the floor or in water fountains.
0	No food or drink in the gymnasium. Only capped water bottles in the fitness center.
0	No loitering.
0	Dispose of trash, paper towels, and gym wipes in the appropriate receptacle.
0	Headphones must be worn to listen to personal music.
0	Observe proper personal hygiene by showering regularly, and wearing clean clothing.
(INITIAL)	In the Fitness Center
0	Read the instructions for each machine to identify targeted muscle group and proper set up.
0	Remove weight plates from bars and/or return dumbbells/weights to rack after use.
0	Wipe down equipment after use.
0	Spotters are required on applicable exercises.
0	Do not drop weights.
0	End clamps must be used on barbells. <b>NO EXCEPTIONS.</b>
0	Report to a staff member any machine that may need repair.
0 0	If unclear about machine usage, please ask a staff member. Only BHCC equipment may be used in the center. No outside equipment/weights/ropes.
	In the Gymnasium Dunking is not allowed.
0	No hanging on rims, backboards, support systems, railings, doors, etc.
0	Do not pull out the bleachers or sit on the top when they are pushed in.
0	Winning teams may stay on the court for no more than two consecutive games if others are waiting.
0	

## I have read and understand the rules and regulations in this document. I also understand that non-compliance will result in disciplinary action, including but not limited to suspension of access to the fitness center and/or gymnasium.

Signed: