

Curry College Fitness Center Student Membership Agreement

By entering into this agreement, each member represents that he/she (i) has no psychiatric, medical or physical condition or history which would prevent him/her from using all or any of the Fitness Center's facilities, equipment and/or services and/or endanger her/himself or others, and (ii) has not been instructed by any physician not to use any of the Fitness Centers' facilities, equipment and/or services. Members are instructed not to act on the advice given by any employee or other College representative until such advice has been verified with a licensed professional or their own physician.

The member recognizes and acknowledges that there is a known risk of injury in utilizing the facilities and equipment at the Fitness Center, including but not limited to participating in individual or group fitness programs. The member does so at his/her own risk and knowingly and voluntarily assumes full responsibility for any injury or harm that may occur to her/him on or about the Fitness Center premises. Member hereby holds harmless and fully and forever releases and discharges Curry College and all associated businesses, its trustees, employees and agents from any and all claims, liabilities, debts, losses, expenses, attorneys' fees, demands, rights of action, or causes of action, present or future, whether known, anticipated or unanticipated, resulting from, arising out of or incident to the member's use or intended use of the Fitness Center, and any of its facilities, equipment or services. Members shall use the Fitness Center's facilities, equipment and services in a responsible manner and in compliance with all applicable rules and practices, and will report immediately any injuries and accidents that may occur to him/her in, on or about the Fitness Center premises to the Curry College Student Center management. Curry College is not responsible for the loss of personal property.

I am age 18 or over, or if not, I am at least age 17 and my parent or legal guardian has co-signed this agreement with me consenting to my membership to the Curry College Fitness Center.

Fitness Center Policies

Fitness Center membership is open to all current full-time and part-time, traditional undergraduate Curry College students who are age 17 or older. Students under the age of 18 must have a parent or legal guardian co-sign their Fitness Center Membership Agreement Form prior to using the Fitness Center. The rules of the Fitness Center are meant to ensure a welcoming and unthreatening atmosphere for all members. Failure to abide by these rules may result in immediate removal from the Fitness Center, termination of membership privileges, and other judicial consequences. I agree to the following Fitness Center rules including, but are not limited to the following, and are subject to change at the College's discretion without advance notice:

- ☐ Check-In:
 - All eligible students (and parents or legal guardians where applicable) are required to complete and sign this Membership Agreement Form prior to using the facility.
 - Each member must present his/her valid Curry College ID in order to gain entrance to the Fitness Center.
 - All members and their guests must check in at the Information Desk upon entering the Fitness Center. (See Fitness Center Policies for rules concerning guests)
 - Users must comply with written or verbal instructions from Fitness Center staff.
 - Users must abide by any additional rules or instructions posted within the Fitness Center.

- ☐ Proper Attire and Personal Items:
 - All Fitness Center users must wear proper gym attire. Jeans, open-toed shoes, work boots and other inappropriate clothing are prohibited
 - Shirts are required to be worn at all times. Unaltered t-shirts and sleeveless shirts which cover the entire stomach, chest and back are permitted.
 - Personal items must be stored in a locker or cubby. Placing items next to equipment is prohibited.
 - Personal belongings cannot be stored at the Information Desk.
 - The 2nd floor locker rooms in the Student Center are for student use only. All faculty & staff members are required to use the locker rooms on the lower level of the building.

- ☐ Cell Phone and Camera Usage:
 - The use of cell phones in the Fitness Center is prohibited
 - The use of any type of camera or video recording device is prohibited in the Fitness Center.

- ☐ Exercise Equipment and Approved Training:
 - Only Curry College employed personal trainers are permitted to train those using the Fitness Center. No coaches or outside trainers are allowed to train others in the Fitness Center.
 - No organized group training is permitted in the Fitness Center, including varsity teams, club sports and other groups.
 - Logged workouts for Varsity Athletes are not permitted in the Fitness Center.
 - Users must completely wipe down all equipment after each use.
 - Members are responsible for reporting equipment failures to the staff on duty.
 - There will be a 30-minute time limit on all cardio machines during peak hours as posted by the Fitness Center staff.
 - Dumbbells and weight plates must be returned to their proper racks after each use. Do not rest dumbbells or plates on benches or on the ground.
 - Spotters should be used for free weight activities. The Fitness Center staff on duty are not permitted to spot users.
 - Olympic style lifting (e.g., cleans, snatches, push press) and weight lifting chalk are not allowed.
 - Dropping or slamming weights is not permitted.
 - Other users must be allowed to "work in" when another user is doing multiple sets on benches or other strength equipment.
 - Abusive language and disruptive or distracting noises while lifting will not be tolerated.

- ☐ Food and Drink:
 - No food, gum or drinks (except for water or sports drinks in re-sealable metal and plastic containers) are permitted. No glass containers are permitted.
 - Smoking and smokeless tobacco are prohibited.

Curry College reserves the right to terminate memberships immediately if the College determines in its sole discretion that a member has violated these rules, harmed or jeopardized anyone at the Fitness Center, or otherwise behaved in a manner inappropriate for the Fitness Center.

- ☐ I have read, understood and agree to all of the above