

CLEARWATER WELLNESS CENTER

AGREEMENT BETWEEN MEMBERS AND THE CLEARWATER WELLNESS CENTER FOR USAGE OF THE CENTER DURING STAFFED AND UNSTAFFED HOURS

Security System

Cameras are installed throughout the Center. These are motion activated and can be viewed both on-site and off-site by management. Access to the facility will be controlled by a magnetic lock installed in the front entrance door. The security system records access to the center. A keycard is simply held within 4 inches of the reader. Proximity cards will not damage magnetic strip credit cards in wallets. Management has the right to revoke keycard access at any time. If a member should have any problems with entrance to the Clearwater Wellness Center they will need to see staff during regular business hours for resolution. Proximity cards cost \$10.00 (based on which type) per card for new members or for a replacement card. A panic button is available to wear while working out at the Clearwater Wellness Center. If pushed, the button will immediately activate the security alarm system.

Rules and Regulations

1. The Clearwater Wellness Center staff has the authority to enforce the Rules and Regulations and deny access to any member or guest who does not abide by them. Noncompliance with the Rules and Regulations may result in the revocation of Clearwater Wellness Center memberships or guest privileges.
2. Membership at Clearwater Wellness Center is open to the community without regard to race, color, sex, age*, religion, national origin, status as a veteran, or the presence of a disability.

***During hours with staff**

Members of the facility 16 and above may use the facility at any time. Members between the ages of 10 and 15 may exercise when accompanied and supervised by an adult member (18 or older) or a CWC instructor. Family members 9 years and under may use the track and classroom during specified Family Hours and must be supervised by a parent at all times. Children must not be left unsupervised while adult exercises.

***Unattended office hours**

Members of the facility 16 and above may use the facility at any time. Members 16 and 17 will need an additional waiver signed by a parent to be allowed access to the facility when staff is not available. Members between the ages of 10-15 may exercise when accompanied and supervised by an adult members (18 yrs. or older) or a CWC instructor. Children 9 years and under are not allowed in the Wellness Center during un-attended hours except specified Family Hours.

***Family Hours**

Monday 3:00 PM to 7:00 PM ~ Friday 3:00 PM to 5:00 PM ~ Saturday 8:00 AM to noon

1. Guests will not be allowed during hours staff is not available without prior authorization from CWC staff. Guests may use the facility with a member after filling out a member participation form and signing the Informed Consent, paying applicable fees and abiding by the Rules and Regulations.
2. Members may continue to use locker facilities while at the Center during hours that staff is not available.
3. Non-members are not allowed in CWC during un-attended hours except for preauthorized guests.
4. Members are not allowed access to the following areas during un-attended hours: storage areas behind front desk.
5. Clearwater Wellness Center members and guests assume responsibility for any damage or vandalism to fitness property (this would be witnessed by the cameras) and would be responsible for all repairs, replacement, cleaning, and/or labor costs.
6. Individuals or groups using CWC facility agree to relieve CWC and its staff from all responsibility for any damage to or loss of, personal property.
7. Approved groups using CWC (such as a meeting in the education room) shall name one person as group Co-ordinator. The coordinator will be responsible for informing the group of the Fitness Center Rules and Regulations, allowing group members access in to the building, and supervising the group for compliance with those regulations.
8. Intoxicating beverages or illegal drugs will not be permitted at any time in the CWC.

9. All areas of the CWC are designated 'NO SMOKING' and there is to be no use of chewing tobacco.
10. A buddy system is highly recommended for all participants utilizing the CWC during un-staffed hours. A security panic button is available for those working out alone.
11. No pets allowed in CWC, except those required for disabilities.
12. The Clearwater Wellness Center staff will not tolerate uncivil, insulting, vile or obscene language or conduct; intimidation, harassment, or coercion of fellow members or guests; fighting or horseplay on premises; abuse of the equipment or facility; or violation of the establishment Rules and Regulations. Noncompliance with the foregoing may result in revocation of membership privileges.
13. The Clearwater Wellness Center reserves the right to change the Rules & Regulations at any time.

Release of Liability and Informed Consent

I understand and agree to the following:

- I am using the facility at my own risk.
- I am aware that I may be participating in activities that could result in injuries or death.
- I am aware that the most serious risk is death during exercise. Even though this is unlikely to occur, the possibility does exist.
- Other medical problems that could result from my participation are, but are not limited to: sore muscles, cramping, torn or pulled muscles, ankle sprain, stress fracture of the foot, broken bones, cartilage or ligament damage of major joints, nausea during and after exercise, loss of weight and possible loss of appetite.
- I understand that I am using the equipment/entering this building entirely at my own risk.

I have read the preceding Rules and Regulations along with the risks and I have had the opportunity to ask questions and have had them answered. I acknowledge that all information given on this form is true to the best of my knowledge and I will inform the Clearwater Wellness Center's staff of any future change in my health status. I hold harmless Clearwater Wellness Center from all claims on account of any injury which may be sustained when participating in fitness and recreation and/or a fitness evaluation.

SIGNATURE

DATE