



Please Print Name On The Line Below:



FITNESS FACILITY RULES & REGULATIONS

The following Rules & Regulations as set forth are part of participant's agreement and participants are obligated to observe and comply with the same.

1. No one is allowed to use or be permitted to the fitness facilities unless they are a member in good standing, or a registered guest with the Bowling Green Parks & Recreation Department Fitness Division.
2. Signing In: All participants, upon each visit are required to scan/card in.
3. All members must have their membership card with them while at the fitness facility.
4. No food and/or tobacco in any form will be permitted in weight room area.
5. Gym/duffle bags are permitted in the designated area. Please hang coats on the coat rack.
6. Absolutely no horseplay allowed.
7. The use of profanity or clothing with suggestive or profane sayings is not allowed. Clean proper attire must be worn.
8. Shirts and shoes must be worn at all times. Open toe shoes such as sandals/flip-flops are not allowed.
9. Collars/clamps must be used on all barbells.
10. Break down all weights and replace dumbbells after use. Failure to do so will result in suspension of membership.
11. Locker rooms are for current members only.
12. Please do not bang or drop the weights or dumbbells. Misuse/abuse of equipment will result in suspension.
13. All fitness equipment (dumbbells, mats, balls, etc.) are to remain inside the fitness areas at all times.
14. Valuables: Bowling Green Parks & Rec. Department is not responsible for the loss, theft of, or damage to, personal property.
15. Maintenance of Facilities: In order to ensure that the B.G. Parks & Rec. Facility is properly maintained, Bowling Green Parks & Rec. reserves the right to temporarily close at any time during the year. Any days lost due to being closed, will be added to your next month's expiration date.
16. Participants Violations: Participants privileges may be suspended or revoked at any time by any B.G. Parks & Rec. Staff, for a participant's breach of rules or regulations, other undesirable behavior, or violations of the terms and conditions of the participant's agreement. Suspension of such privileges shall not entitle participants to a refund.
17. Any equipment (including mirrors) broken, cracked or damaged due to member misuse, abuse, carelessness, or recklessness will result in repairs being billed to member.
18. **There is a \$5 replacement fee for lost key fobs. There is a \$5 fee for forgot card after first warning.**

I have read the rules and regulation and understand them. My questions (if any) pertaining to the above rules/regulation have been satisfactorily answered.

Participant's Signature _____ Date _____

Staff Signature _____



INFORMED CONSENT FORM

Please Print Legibly



NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE NUMBER: _____ BIRTHDATE: _____ AGE: _____

*****MEDICAL PROBLEMS: IF YOU DO NOT HAVE ANY, PLEASE WRITE DOWN *NONE*:**

EMERGENCY CONTACT:

NAME: _____ RELATIONSHIP: _____

PHONE NUMBER: _____

I desire to engage voluntarily in the City of Bowling Green Fitness Facility Activities/Programs (including but not limited to the weight room, selectorized equipment, cardio room, aerobics, racquetball, and locker rooms) to attempt to improve my physical fitness.

I understand that these activities are designed to place a gradually increasing work load on my circulation and thereby attempt to improve its function. The reaction of the cardiovascular system to such activities cannot be predicted with complete accuracy. There is a risk of certain changes occurring during or following the exercise. These changes include abnormalities of blood pressure or heart rate, ineffective "heart function", and possibly, in some instances, a "heart attack" or "cardiac arrest". There is also the possibility of muscular strain, sprains, and/or other types of injuries.

I realize that it is necessary for me to report promptly to the exercise supervisor any signs or symptoms indicating any abnormality or distress. I consent to the administration of any immediate resuscitation measures deemed advisable.

I further understand that persons with a history of back trouble, heart disease, high blood pressure, and/or other medical conditions are not to participate in this activity without providing the instructor with a dated doctor's consent form.

I have read the foregoing and I understand it. My questions have been answered to my satisfaction. I acknowledge and agree that the use of the City of Bowling Green Fitness Facility Activities / Programs, including, but not limited to, the weight room, selectorized equipment, cardio room, aerobics, racquetball and locker rooms, is at my own risk. I understand and agree to abide by the regulations and policies of the Bowling Green Parks and Recreation Department. In consideration of the City of Bowling Green allowing me to participate in fitness activities and programs, I agree to waive, release, absolve and hold harmless and indemnify the City, its officials, officers, agents and employees from any and all claims, suits, actions, damages and/or causes of action for any personal injury, loss of life, property damage and other liability, known or unknown, arising out of my participation in fitness activities and programs, the use of the City facility or in any way relating to or arising from any incidence occurring during fitness activities or programs or while using the City facility, including the City's attorney's fees and costs. I understand that this release includes, without limitation, all injuries which may occur as a result of my use of fitness amenities and equipment, my receipt of instruction and other services from City staff, my participation in any fitness activity, class, program or instruction, the malfunctioning of any equipment, and my slipping and/or falling while in or on the City of Bowling Green Fitness Facility or surrounding premises. This waiver and release is intended to be an express waiver of and release from any and all claims against the City of Bowling Green, its officials, officers, agents and employees arising from participating in the fitness activities and programs or the use of the fitness facility and surrounding premises, including all claims or causes of action based on the alleged negligence or gross negligence of the City of Bowling Green or its officials, officers, agents or employees. I expressly agree that this waiver and release shall be interpreted as releasing the City of Bowling Green, its officials, officers, agents and employees from all liability and claims to the fullest extent allowed by Kentucky law.

DATE: _____

EXERCISE SUPERVISOR

PARTICIPANT'S SIGNATURE

FITNESS FACILITY AGE POLICY:

- *11 Years: May use Cardio, Aerobics, Racquetball, Selectorized, and Locker Rooms w/ parent or adult
- *12-15 Years: May use all Fitness Areas w/parent or adult
- *16-17 Years: May use all Fitness Areas

***IF PARTICIPANT IS UNDER 18 YEARS OF AGE, SIGNATURE OF PARENT OR ADULT 18 YEARS OF AGE OR OLDER IS NEEDED.**



DEMOGRAPHICS

Please answer for reporting & grant funding:

RACE: (Select one or more) American Indian or Alaska Native:_____ African American:_____

Asian:_____ Native Hawaiian or Other Pacific Islander:_____ White:_____ Hispanic or Latino:_____

GENDER: Male:_____ Female:_____

EMPLOYER:_____ **WORK PHONE:**_____

REFUND POLICY

All requests for a refund must be made directly to the Fitness/Wellness Supervisor. Refunds will only be given if once you have purchased a membership, you provide us with a written, dated, medical doctor's statement indicating that you are not able to participate in our Fitness program(s) or at our Fitness Facility. Or, if once you have purchased your membership, and during the course of your current (active) membership, you have a change in your medical condition or have sustained an injury/accident that would prohibit you from participating in a physical activity program or at our Fitness Facility, and you provide us with a written, dated, doctors statement indicating such change or restriction.

The amount of refund may not be for the whole purchase price of your membership. Refund amount will be pro-rated for the unused portion of your membership, minus (-) membership card fee of \$10.00. Refunds may take up to two weeks to process and may be in the form of cash, check or credit to your Visa/MasterCard. (If paid by credit card)

Memberships that are expired, suspended or revoked are not eligible for a refund.

I understand the Bowling Green Parks and Recreation Fitness Facility Refund Policy.

Participants Signature

Date