

**LYNCHBURG COLLEGE FITNESS CENTER
POLICY / RELEASE FORM**

Lynchburg College invites students, faculty and staff members to use the College's Fitness Center at such times as those facilities are available for free play. Dependents of faculty and staff are eligible to use the Fitness Center when accompanied by the employee and the employee is responsible for the behavior of dependents. Students are allowed one guest and are required to complete this form. **All users of the Fitness Center are required to have a Lynchburg College ID Card with them while using the facility.**

UNCONDITIONAL RELEASE AND WAIVER

In consideration of the benefits accruing to the undersigned participant and in full understanding of the inherent dangers and risks to which the participant will be exposed during her/her recreational use of the College's Fitness Center, by signing this waiver hereby expressly waive all claims against, release and discharge Lynchburg College, and any and all of its employees, trustees, officers and agents from liability for any loss or injury sustained by the undersigned participant as a result of his/her use of these facilities. This release is understood to release the aforesaid not only for the acts or omissions of individuals but also for the physical conditions of the aforesaid premises and the equipment used therein.

By signing this release, I understand I am using the College athletic facilities for my own benefit; that no representations about the nature or condition of the facilities has been made by any trustee, officer, employee or agent of Lynchburg College; and that my use of the athletic facilities does not arise out of or occur in the course of his/her employment.

RULES AND REGULATIONS

1. Only Lynchburg College Students, Faculty, Staff, and authorized guests are allowed in the Fitness Center.
2. Lynchburg College ID is required in order to be admitted into the Fitness Center.
3. LC ID's must be left with the Fitness Center Attendant and are returned when you leave the facility.
4. All users are required to enter on the 1st floor and required to sign in when entering and sign out when leaving the facility.
5. A towel will be issued when you enter the facility. Equipment is to be wiped down after each use. Towels are to be returned when you leave.
6. No one is allowed in the Fitness Center when the facility is closed.
 - 1st Offense for unauthorized use – 1 week suspension
 - 2nd Offense for unauthorized use – 1 month suspension
 - 3rd Offense for unauthorized use – 1 semester suspension
7. Prior to participation, a Fitness Center Policy / Release Form must be completed and on file.
8. Do not use equipment unless you are knowledgeable about how to use it.
9. Observe Fitness Center etiquette and demonstrate courtesy toward others in the facility at all times.
10. No horseplay; loud or offensive language; or temper tantrums will be tolerated.
11. Proper attire is required at all times - shirts and athletic shoes required. **NO jeans or NO open toed shoes allowed.**
12. Show respect for equipment and facilities at all times. Do not drop or throw weights.
13. You may be expelled immediately if you misuse equipment or the facility. Failure to leave the facility, if asked, will result in disciplinary action.
14. Utilize spotters and locks when necessary (e.g., overhead lifts, squats, bench presses, platform or Olympic lifts).
15. Equipment is to be kept off the floor and is to be **returned to its proper racks** when lifting is completed.
16. Keep the facility flow path clear; remove any obstructions.
17. The Fitness Center Attendants have authority over all room conduct and use of equipment, including sound system.
18. Injuries and defective equipment are to be reported to the Fitness Center Attendant immediately.
19. No tobacco products, food, chewing gum, glass bottles or cans are allowed. Plastic water bottles are acceptable.
20. No alcohol, drugs, and/or banned substances are allowed in the fitness center.
21. Lynchburg College and/or supervisors are not responsible for personal belongings or lost or stolen items. Lockers are available on a first come basis and you must provide your own lock. Items left in lockers overnight will be discarded.
22. Keep feet off of the walls.
23. Minimize chalk and powder on the floor.
24. Do not spit in the facility.
25. Never attempt to "save" Olympic style lifts (i.e. power snatches and power cleans).
26. No pets allowed in the Fitness Center.
27. Posted rules must be followed at all times. Failure to comply with stated rules will result in disciplinary action.

Name of Participant (*please print clearly*): _____ Date: _____

Campus Box/Department: _____

Status: Student Faculty Staff Spouse Dependent Guest of _____

Signature of Participant: _____ Date: _____

Name of Employee (if Spouse or Dependent is indicated): _____

Signature of Parent if Participant is under age 18: _____ Date: _____

OFFICE USE ONLY	<input type="checkbox"/> APPROVED <input type="checkbox"/> DENIED	Fitness Director's Signature: _____	Date: _____
Date Sent to Security: _____	By: _____		

**RETURN COMPLETED FORM TO THE FITNESS CENTER, FITNESS CENTER DIRECTOR, or
HEAD STRENGTH AND CONDITIONING COACH FOR PROCESSING.**