



### Assumption of Risk and Release

In consideration of being permitted to participate in activities at the UMF Fitness and Recreation Center, I hereby affirm and agree as follows:

1. I am over the age of 18 years, or, if not, I have parental consent as evidenced by the signature below.
2. To the best of my knowledge and belief, I am in good physical condition. Members over the age of 45 are requested to submit a note from a physician certifying that they are approved to exercise.
3. I realize there are potential physical dangers and hazards to me in my use of this facility and equipment, and also due to actions of other participants and my proximity to them in these areas. It may involve considerable risk on my part, including the possibility of broken bones and other injuries or even death.
4. Therefore, in consideration of being permitted to utilize the facility/equipment and participate in activities at the UMF Fitness and Recreation Center, I do hereby agree to assume all the risks and responsibilities surrounding my participation there, and further, I do for myself, my heirs, and personal representative(s) hereby defend, hold harmless, indemnify and release, and forever hold harmless the University of Maine System, its trustees, and all its officers, agents and employees from and against any and all claims, demands, and actions, or causes of action, which may result from my participation and which result from causes beyond the control of and/or without the fault or negligence of the University of Maine System, its trustees, officers, agents or employees, during the period of my participation.
5. This Assumption of Risk and Release must be signed upon all new, renewal and guest memberships to participate at the UMF Fitness and Recreation Center.

**Printed Name:** \_\_\_\_\_ **Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **UMF Student I.D. #:** \_\_\_\_\_

**Permanent Address:** \_\_\_\_\_

**Parent/Guardian Signature (if under 18):** \_\_\_\_\_

**Emergency Contact:** \_\_\_\_\_  
Name Relationship Home # Work # Cell#

# UMF FITNESS AND RECREATION CENTER

## RULES AND REGULATIONS

The following are the rules and regulations of the Fitness and Recreation Center. Please share them with all those who will be using the facility under your jurisdiction so that everyone will have a safe and enjoyable experience.

**EQUIPMENT:** Most equipment that you may wish to use is stored in our equipment closet. Please ask the circulation desk supervisor for equipment. They will ask you to sign out any piece of equipment and leave your membership card, keys or item of value in exchange. Please return all equipment to the circulation desk when you are done and exchange it for your item of value.

**FOOD AND DRINK:** Water is the only beverage allowed on the courts, track, weight room or pool. All other food and drinks can be consumed in the lobby area. No glass containers are allowed in any area.

**FOOTWEAR:** Clean, closed toed shoes must be worn throughout the facility (accept as appropriate in the pool and locker room areas). Open toed shoes are permitted for walking on the track for medical or foot health needs.

**TRACK:** You must cross the track to use the courts. Please look both ways when crossing the track to avoid colliding with those who are running. There are mirrors placed on the wall for your use when on the courtside of the track. Walkers need to stay to the inside of the track while runners should pass on the outside and there should be no more than two people across.

**TRACK DIRECTION:** If you are using the facility during regular operating hours and others are also in the building, please observe the track direction sign located on the wall near the track to the right as you enter the courts. It is easily visible. The arrow indicates the direction track users are running or walking. It is hazardous to them and to you to move in the opposite directions.

**POOL OBSERVATION WINDOWS:** These windows allow you to observe those using the pool area. If you stop to watch, stay completely off the track for your safety as well as the safety of those using the track.

**CHILDREN UNDER 14:** *must* be accompanied by an adult 18 or over who is responsible for the children's safety, conduct and whereabouts at all times. **PLEASE DO NOT LEAVE CHILDREN UNATTENDED.** Children *may not* use any of the cardio, resistance equipment or free weight apparatus, unless they have received an exercise program from an FRC trainer, or have completed a program granting conditional permissions to some or all of this equipment.

### GENERAL RULES:

1. Members are expected to use appropriate language and behavior and to treat others with courtesy at all times.
2. Shirts and appropriate shoes are required in the field house and the weight room areas.
3. Members participate at their own risk. Appropriate protective gear is always required.
4. Proper use of the facility and equipment is required.
5. FRC stereos, radios and public address systems are adjusted by facility staff only. Volumes must be kept low for safety reasons.
6. Individuals are responsible for their personal belongings. Locks and lockers are available free of charge on a daily basis. Overnight use of lockers is not allowed.
7. The FRC reserves the right to identify and limit the hours members may use the facilities in case areas become crowded. The FRC reserves the right to limit or terminate the use of the facility by an individual in case of improper use of the facility, equipment or abusive, harassing or endangering behavior.
8. Read, comprehend and adhere to the specific rules listed in each area.
9. Unauthorized personal training activities are strictly prohibited in the facility.
10. The use of cell phones is restricted to the lobby.

I, \_\_\_\_\_ understand and will abide by the above stated rules and regulations at all times while at the  
(Print Name)  
UMF Fitness and Recreation Center.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_