

Date Started \_\_\_\_\_



## Wellness Center Member Application Form

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M / F

Address: \_\_\_\_\_ City \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Primary Physician: \_\_\_\_\_ Location \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_

Emergency Contact Phone number:

(C) \_\_\_\_\_ (W) \_\_\_\_\_

Please list here any health issues or concerns

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Have you had advice from a physician NOT to exercise? Y/N If so, why?

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## Wellness Center Orientation Sheet:

Members will only be able to use the Wellness Center after they have been oriented to the equipment and safety procedures.

Orientation staff will initial next to each item after it has been reviewed with the new member and will retain for the Wellness Center records.

- Hours of operation
- Review Key code/after hour access procedure (if applicable)
- Sign in process
- Security/safety considerations
  - Camera is always in use
  - No lifeguard on duty
  - Location of AED
  - Location of phone
  - How to call out if an emergency: Dial 8 then phone number
  - Location of Fire alarms and Fire extinguisher
  - No guests are allowed after hours
- Prohibited items
  - Open drinking containers
  - Food
  - Bluetooth speakers
- Courtesy considerations
  - Use headphones for music
  - Minimize use of equipment to 30 minutes if others are waiting
  - Clean equipment after use
    - Location of cleaning solution, towels, and collection containers
  - Return equipment to original state: (Treadmills 0 incline, weights on racks, etc.)
  - Turn off all lights, fans and TVs if working out after hours.
- Use of all televisions and location of remotes
  - Use of Beach Body on aerobics floor and weight room TVs
- Equipment Review
  - Treadmills
  - NuStep
  - Recumbent Bikes
  - Ellipticals
  - Row machines
  - Free weights
  - Pool: schedule, rules, and equipment available
  - Hot tub: Rules and how to turn on/off
- Answer any remaining questions

Orientation Staff Signature: \_\_\_\_\_ Date: \_\_\_\_\_

New Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_



# OTTAWA COUNTY HEALTH CENTER WELLNESS CENTER

## INFORMED CONSENT FOR **AFTER-HOURS** FACILITY USE

Wellness Center members may be authorized for after-hours access to the Wellness Center (**FITNESS AREAS ONLY. POOL AREA NOT INCLUDED**). Eligible members must be 15 years or older and have approval from the Wellness Center Director. The Wellness Center Director reserves the right to suspend or terminate after-hours privileges without cause at his/her sole discretion.

Eligible Wellness Center members will be assigned a code to allow access to the Wellness Center. Members over the age of 18 will have access 24 hours/day. Members between the ages of 15 and 17 years old may have access after-hours from 5am-6am and 6pm to 10pm only with the appropriate forms completed and on file (Application form, Orientation sheet, and After-hour application form completed and signed). Members are not permitted to share their code. Members who 1) allow guests in after-hours or 2) share their code with non-members will lose after-hours privileges.

Children under the age of 15, or who have not completed the 15–17-year-old application, may only come in after hours if accompanied by their parents/guardians who have after-hours privileges. Parents are responsible for their children's actions and use of the facility equipment and property. Respect for the equipment, other exercisers, and the facility itself is always mandatory. A security system will monitor the facility to ensure proper facility use. Any infraction of Wellness Center rules may result in loss of after-hours privileges and/or membership termination.

The risks associated with using the Wellness Center after hours may include injury that could occur from deviation from your personal exercise program, improper use of the equipment, equipment breakdown, or natural causes. Please remember that there is no staff on duty after-hours to provide assistance.

I understand the risks of using the facility and equipment after hours when there is no staff on duty. I agree to release Ottawa County Health Center and the Ottawa County Wellness Center from any responsibility. I agree to indemnify and hold harmless Ottawa County Health Center and the Ottawa County Wellness Center, its agents, and its employees from all claims or causes of action that in any way relate to any injury to me or other persons or damage to my property or the property of others that may in any way be related to my participation in using the Wellness Center and its equipment.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Date of Birth

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Participant

\_\_\_\_\_  
Signature of Parent/Guardian if applicable

Access Code: \_\_\_\_\_

## Wellness Center Rules

- THERE ARE NO WELLNESS CENTER MEMBERSHIP REFUNDS FOR ANY CAUSE.
- Every new member must complete all application forms along with an orientation form before they are allowed to use the facility.
- All members must sign in and out at the front desk.
- Members must be at least 14 years of age to be in the exercise room without a supervising adult with approval from the Wellness Center Director and the orientation record on file.
- Children under 14 cannot, for any reason, be in the exercise room without their parent or guardian supervising their exercise equipment use.
- 24-hour access will be offered to all members 18 years and older.
  - Access will be granted after the 24-hour access form is completed and on file.
  - This can be revoked at any time by the Wellness Center Director if deemed necessary.
- After-Hours access from 5am to 10pm will be offered to any member between the age of 15 and 17 following these conditions:
  - Access will be granted after the After-Hours application form is completed and on file.
  - Orientation form completed and on file.
  - A workout program must be presented to Wellness Center Director, kept on file, and updated accordingly.
  - After-Hours can be revoked at any time by the Wellness Center Director if deemed necessary.
  
- **POOL RULES:**
  - Orientation form must be completed and on file.
  - You are swimming at your own risk as there is no lifeguard on duty.
  - No one under the age of 14 is allowed in the pool area or whirlpool unless accompanied by a parent/guardian or responsible adult 18 years or older.
  - Members between the age of 14-17 are only allowed in the pool during “Open Swim” times unless a workout program from a Coach or a note from a Doctor/Therapist is presented to the Wellness Center Director and on file. If a workout program is in place, members may use the pool during lap swim times.
  - Wet suits and bare feet are not allowed outside of the pool area or locker room.
  - Running, screaming, dunking, throwing balls, and all other rough behavior will not be tolerated. NO DIVING.
  - Regular diapers are not allowed. Swim diapers are required for infants and toddlers.
  - Foam barbells are for Water walkers and Classes only.
  - Hot tub: Follow all posted rules and limit time to 20 minutes or less



- **WEIGHT ROOM/EXERCISE ROOM RULES:**

- Orientation form must be completed and on file.
- You are exercising at your own risk.
- Do NOT bang weights.
- Spotters are highly suggested when lifting free weights.
- Re-rack all free weights when done.
- Place all jump ropes, exercise balls, etc. back in original storage place when done.

- **GENERAL RULES:**

- Guests are allowed to accompany a member who is 18 years old or older during open hours for a fee. A Guest release must be signed.
- The Wellness Center is not responsible for lost or stolen items left unattended.
- Lockers are available. Do not leave personal items on benches or on floor.
- Video cameras are always in use for security purposes.
- **The Wellness Center Director reserves the right to revoke any membership for misconduct or intentional misuse of the equipment or facility at any time at her/his sole discretion.**
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I understand the risks of using the facility and equipment, and I agree to release Ottawa County Health Center and the Ottawa County Wellness Center from any responsibility. I agree to indemnify and hold harmless Ottawa County Health Center and the Ottawa County Wellness Center, its agents, and its employees from all claims or causes of action that in any way relate to any injury to me or other persons or damage to my property or the property of others that may in any way be related to my participation in using the Wellness Center and its equipment.

Member Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Under 18 Member: Parent/Guardian Signature: \_\_\_\_\_