



STARK

Recreation & Wellness

Membership Information Sheet

Last Name: _____ First Name: _____ MI: _____ Sex: M F

DOB: _____ T-shirt size _____ Email: _____ Phone _____

Address: _____
(Street, City, ZIP)

Emergency Contact (*name and number*):

Status: (*circle one*):

KSUS Student Stark State Student Stark State Faculty/ Staff Stark County ESC

KSU Faculty/Staff Campus: _____ Alumni: Staff verified _____



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POLICIES & PROCEDURES

General

- All users are required to complete the following paperwork: Membership Information Sheet, Orientation Quiz, Policies and Procedures form and Release and Waiver of Liability and Indemnity form.
- Users must also have a complete account on EZ Facility.
- All Participants, including Academic participants, must complete the membership paper paperwork in order to be eligible to use the facility. This means that they must have complete paperwork prior to the 1st class meeting.
- A signed physician's clearance may need to be on file for participants who meet certain ACSM coronary artery disease risk thresholds.
- All participants must check in at the front desk each time they enter the facility by swiping their FlashCard or entering their PIN at the computer terminal located on the top of the counter.
- Use of this facility and the equipment herein is only **recommended** after a complete orientation and training session with a staff member. Appointments can be made individually, or group sessions will be held at various times/days during the semester. Call Stacie M Humm to register at (330) 244-3390.
- Physical Activity, Wellness and Sport, Exercise Science and Dance classes will have priority over other users and events scheduled at the Recreation & Wellness Center.
- All injuries must be reported to staff immediately. An incident report will be filled out and a determination will be made as to further care or assistance. Kent State University at Stark is not responsible for avoidable injuries or accidents that may occur during recreation hours or participation in other recreational activities.
- Recreation & Wellness Center Staff has the right to ask you to leave at any time if you are not following policy. If you resist, security will remove you.
- Use of a lock is strongly recommended. All locks must be removed immediately after use of facility. No permanent lockers are available for storage or overnight use. Kent State University at Stark is not responsible for lost or stolen items.

Facility Access

- The Recreation & Wellness Center is open to the following:
 - Kent State University Students currently enrolled at the **Stark Campus** (*no dependents*)
 - Current KSU Faculty, Staff, & Administrators and their dependents ≥ 16 years of age
 - Current Stark State faculty and staff and students
 - Kent State University alumni
 - Current employees of the Stark County Education Services Center

Rules & Regulations

- ***Athletic attire is required. T-shirts, shorts, sweats, and athletic shoes appropriate for the activity are recommended. No work boots, flip flops, leotards, blue jeans, khaki's, mid-drifts, sleeveless shirts or tank tops allowed in the open recreation areas.***
- Street shoes are not permitted. Clean, closed toe, non-marking athletic footwear must be worn at all times.
- All personal belongings must be kept in the locker room or in the cubby spaces under the benches.
- The following are prohibited in the Recreation & Wellness Center and may result in immediate removal from the facility:
 - Entering/ interrupting scheduled classes

- No personal music devices such as phones or computers are to be played allowed I common areas. Please use headphones.
- Bouncing balls against the walls
- Children under the age of 16
- Spitting on the floor or in the fountains
- Horseplay and foul language of any kind
- Inappropriate use of the equipment or facility in any way which may result in risk, injury, or harm to participants or others
- To ensure proper hygiene, we suggest participants wipe off each machine before/after use. Spray bottles and paper towels are available in all areas of the facility. *Please spray paper towel, do not spray solution directly on machines.*
- Cardio and weight machines will be sanitized after use by Recreation & Wellness Center staff. After use of a machine or equipment, please wipe down with disinfecting spray and paper towel provided.
- Clean and return free weights, barbells, and dumbbells to their home.
- During peak/ busy times, a 30-minute time limit may be imposed on all cardiovascular equipment.
- Use of collars and proper, safe lifting techniques are required to ensure safety and prevent the possibility of injury or harm to participants while using plate loaded equipment such as the bench press.
- No dropping of weights is permitted. No banging of the weight machines or free weights is allowed.
- No chalk. Use of additional devices or personal equipment (except yoga mats) is not permitted.
- No adjusting radio or television volume or channels or fan speeds.

EXERCISE AT YOUR OWN RISK. Note: An exercise program should be started with gradual increases to frequency, intensity, time and type of activity. By entering this facility, you acknowledge and fully assume the risks associated with exercise of your choice and your use of this facility and further agree to indemnify and hold Kent State University, its Board of Trustees, employees, agents and officers harmless for any and all direct, indirect, special or consequential damages, or costs, legal and otherwise, which may occur as a result of such use. All participants are strongly encouraged to have an evaluation by your physician prior to engaging in physical or strenuous activity.

I HAVE READ THIS RELEASE & UNDERSTAND THIS IS MY FIRST WARNING OF POLICY CHANGE

Signature of Applicant _____ Print Name _____ Date _____

For students under the age of 18

As a parent/guardian on behalf of the above-named minor, I have read the above terms of this Agreement, and I understand and agree to the terms and conditions stated herein. This Agreement/Release shall be binding upon the heirs, administrators, executors, and assigns of the undersigned. I further agree to indemnify Kent State University, its agents, officers and employees against any action brought against KSU by the above-named Participant, including but not limited to an action brought by him or her upon reaching the age of majority. I warrant that I am authorized to execute this Agreement and Release on behalf of the above-named minor.

Signature _____ Print Name _____ Date _____



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Release and Waiver of Liability and Indemnity

In consideration of being able to use the Recreation and Wellness Center at Kent State University at Stark including equipment, facilities and programs, and in recognition of the inherent and assumed risks regarding the same, I, the undersigned user, agree, on behalf of myself, my heirs, representatives, executors, administrators and assigns, to indemnify, release, and hold Kent State University, its Board, officers, employees, agents, volunteers, and all other persons acting on its behalf harmless from any and all causes of action, claims, demands, damages, fees or fines, of any nature related to my participation in the above activity, even if due to the negligence of Kent State University or any person serving in the above-identified capacities.

1. I acknowledge that use of the Recreation and Wellness Center entails known and unanticipated risks, which could result in physical or emotional injury, paralysis, death, or damage to myself, to property or to third parties. I hereby certify that I have full knowledge of the nature of the risks of using the Recreation and Wellness Center and further understand that each risk simply cannot be eliminated without jeopardizing the essential quality of the activity.
2. I expressly agree and promise to accept and assume all of the risks existing in use of the Recreation and Wellness Center. My participation is purely voluntary, and I elect to participate despite the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless Kent State University for any and all claims, demands, or causes of action, which are in any way connected with my use of the Recreation and Wellness Center, of my use of Kent State University equipment or facilities, including if such injury or damage is due to the negligence of Kent State University and its employees.
4. Should Kent State University, or anyone on its behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold such as harmless for all fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating or else I agree to bear the costs of such injury or damage to myself. I further certify that I am in good health and that I have no medical or physical conditions that could interfere with my safety in use of the Recreation and Wellness Center, or else I am willing to assume- and bear the costs of -all risks that may be created, directly or indirectly, by any such condition.

I have read the above terms of this Hold Harmless and Release, and I understand and voluntarily agree to the terms and conditions and that I am giving up substantial rights including my right to sue. This Agreement/Release is the entire agreement between the parties and shall be binding upon the heirs, administrators, executors, and assigns of the undersigned. I further expressly agree that this Hold Harmless and Release is intended to be as broad and inclusive as permitted by the laws of the State of



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Recreation & Wellness Center Orientation Quiz

1. Who has access to the Kent State University at Stark Recreation & Wellness Center?
2. What is the procedure for checking in to the Recreation & Wellness Center and how often must you do it?
3. Where should your personal belongings be at ALL times? Can items be left in the locker overnight?
4. After using the equipment, what should you do before moving to a new machine?
5. Can you use equipment brought in from outside of the Rec center?