

## Iowa Valley Community (IVC) Fitness Center

### Membership Agreement

The member acknowledges and agrees to follow the rules and regulations set forth within this agreement and any additions or changes or amendments made by Iowa Valley Community School District. It is in agreement that Iowa Valley Community School District has the exclusive right to reject this agreement at any time.

### Membership Privileges, Regulations, Notices, and Agreement

#### Rules and Guidelines for the Iowa Valley Fitness Center:

Fitness center guidelines:

1. You must be a registered user of the fitness area by completing the Membership Agreement. Registered users are permitted to be accompanied by an occasional guest. A registered user is considered to be an adult who is 18 years or older. High school students are not eligible to be registered users until they have graduated and all summer sports seasons have been concluded.
2. The fitness room is restricted to the registered user. A registered user must supervise students in grades 9-12. Absolutely no children in 8<sup>th</sup> grade or under allowed in the fitness room at any time.
3. Users must wipe down the fitness equipment and surrounding areas after use.
4. A separate set of clean athletic shoes must be worn in all fitness areas.
5. The fitness center may periodically be closed for physical education classes.
6. Abuse of these policies and the fitness facility may result in loss of privileges.

Fees:

Annual for an individual \$100/year

Annual for immediate family members \$150/year

Monthly fee for an individual \$10/month

One-time FOB charge/lost FOB \$25 (maximum of two/family)

For business/corporate rates:

0-50 employees who sign up, cost is \$80/year/individual or \$120/year/family  
(80% of regular annual membership fee)

50+ employees who sign up, cost is \$50/year/individual or \$75/year/family  
(50% of regular annual membership fee)

#### Liability Waiver:

It is expressly agreed that the use of the fitness area shall be undertaken by a member at his or her sole risk, and the Iowa Valley Community School District and Fitness Center shall not be liable for any injuries or damage to any member or guest, or the property of any member or guest to be subject to claim, demand, injury, or damages whatsoever, including, without any limitations, these damages resulting from any acts or active or passive negligence on the part of the school or fitness center, its successors or assigns, as well as its officers and agents, for all such claims, demands, injuries, damages, action, or cause of actions. It is specifically agreed that the school or the fitness center shall not be responsible or liable to members or their guests for articles lost or stolen in the Fitness Center. The Iowa Valley

Iowa Valley Community Fitness Center

Community School or the Fitness Center, also, shall not be responsible or liable for loss or damage to any other property of members or their guest, including automobiles and content. It is also agreed that any damages to the school and the fitness center facilities or property, or to the property of any member by another member or their guest, is the sole responsibility to the offending member.

Misuse of Facility

1<sup>st</sup> offense- FOB will be de-activated for one month

2<sup>nd</sup> offense- FOB will be de-activated for three months

3<sup>rd</sup> offense- All privileges lost

Name: \_\_\_\_\_  
  Last                                      First                                      M.I.                                      Date

Address: \_\_\_\_\_  
  Street Address                                      City                                      State                                      Zip Code

Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

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

Employer: \_\_\_\_\_

Emergency Contact Information: Who should be contacted in case of any emergency?

Name: \_\_\_\_\_ Relationship: \_\_\_\_\_

Phone: \_\_\_\_\_  
  Home                                      Work                                      Cell

Fee received: \_\_\_\_\_ Date                                      Amount                                      FOB #: \_\_\_\_\_

By providing my signature, I am acknowledging that I have read and understand the above notices, rules, and guidelines.

---

Applicant’s Signature/Date

---

Iowa Valley Community Fitness Center Representative/Date

**Iowa Valley Community Fitness Center  
Acknowledgement of Assumption of Risk and Release Agreement**

**THIS FORM MUST BE SIGNED BY ALL MEMBERS WHO ARE 18 YEARS OF AGE OR OLDER**

I request the use of the Iowa Valley Community Fitness Center and equipment for my recreation, and for the improvement of my own fitness and athletic skills. I understand that I will be expected to dress appropriately and conduct myself in a respectful manner. Appropriate dress includes shirts for all users and clothing that is appropriate to be worn in a public school setting. I understand that the premises are under video surveillance at all times and that I am responsible for my actions.

I understand and am aware that strength, flexibility and aerobic exercise, including the use of equipment, is a potentially hazardous activity and such activities are without direct supervision. I recognize that severe injuries can occur in the fitness facilities, and I realize those severe injuries can include, but are not limited to, muscle sprains and strains, back injuries, heart attacks, permanent paralysis and even death. I realize it is in my best interest to consult a doctor before engaging in any physical training.

My participation at the Iowa Valley Community Fitness Center is strictly voluntary, and free from any coercion to use the recreation facilities. I am not being paid to use the facilities. My interest is solely my own self-improvement through exercise activities available at the Iowa Valley Community Fitness Center.

I further acknowledge that I will observe and follow all rules, regulations and policies of the Iowa Valley Community School and Fitness Center.

In consideration of the Iowa Valley Community School allowing me to use their facilities, I hereby forever release the Iowa Valley Community School District and its employees from all liability for any and all damages and injuries, including death, suffered by myself, my family, or guest in connection with the use of the Iowa Valley Community School and Fitness Center. I understand that my participation is entirely by my own choice and with the understanding of the risks of accidental injuries involved in any fitness activity within the Iowa Valley Community Fitness Center. I am using the facility and equipment of my own free will and accept any and all risks associated with this use.

**THIS FORM MUST BE SIGNED BY ALL MEMBERS WHO ARE 18 YEARS OF AGE OR OLDER**

I have read and understand the preceding Acknowledgement and Agreement.

---

Printed Name

Date

---

Signature

Date

Iowa Valley Community Fitness Center