

Fitness Center Rules and Waiver

FITNESS CENTER INFORMATION AND RULES

- All PrattMWP students are required to submit a Health Evaluation Form before entering the College that indicates if they are cleared for sports activities. Only students who have submitted this documentation will be approved to use the gym space.
- The gym is open from 6:00am to Midnight.
- No outside guests are allowed in the space.
- All students must swipe their ID card for access to the space, as this serves as a record for who uses the space. You must not enter the open door after another student without swiping your own ID card.
- All must wear an appropriate face covering or mask, which covers the nose and mouth, anytime when working out, except when drinking water. Masks are provided for students who did not bring their own.
- Only water is allowed inside. All water should be in a bottle with a sealed lid.
- All outside shoes must be removed before using the equipment, especially in inclement weather. Please bring clean sneakers to utilize the equipment.
- Place any belongings on the provided hooks, shoe rack, counter, or in the cabinets, away from the equipment and floor.
- All are responsible for cleaning the equipment with the provided spray and paper towels after each use. Spray and paper towels must be returned to the counter.
- The capacity of the space is 12 individuals. If there are 12 individuals already in the space, please return at a later time.
- When utilizing the treadmills, all must utilize the safety clip.
- Students are responsible for any damage caused to the equipment. If a particular student does not take responsibility for the damage or an investigation into the damage does not find the responsible party, all who utilized the space that day will share the responsibility and cost for repair or replacement. Note: there is a camera in use that can be utilized to investigate any issues with the equipment or room usage.
- Before you utilize the equipment, you must familiarize yourself with the user guide for the Matrix Lifestyle Series with LED consoles by reading the manual [here](#). All of the equipment is color-coded with yellow for the items you would use to adjust any heights or settings. The treadmills, ellipticals, and bikes are equipped with USB and headphone plugs. The USB plug will charge your electronics with the energy you produce from working out.
- If you do not know how to utilize the equipment, refrain from using the equipment until you have read the manual and have asked questions about the equipment.
- In the event of an emergency, use the phone in the room and dial ext. 4444 to reach Campus Safety.
- All concerns with the fitness room should be communicated to studentlife@mwpai.edu.
- Student Life is also open to feedback to enhance the space and student experience. Please send feedback to studentlife@mwpai.edu as well.

Any student who jeopardizes the safety of others and/or fails to meet the standards above will be subject to disciplinary action, which may result in my immediate revocation of the student's rights to utilize the fitness center.

LIABILITY WAIVER

As a condition of using PrattMWP College of Art and Design's Fitness Center, I acknowledge that I have read this form, fully understand it, and agree to its terms and conditions.

I understand that I will be solely responsible for monitoring the manner and intensity of my use of the fitness room's equipment and exercise program, and will do so in a way which will not jeopardize my health, safety or physical well being, or the health, safety or well being of other fitness room users.

In particular, I agree that I am solely responsible for complying with any restrictions identified by my physician as to use of the equipment or participation in exercise activities. I further agree that if any circumstances occur which would impact my physician's medical clearance, I will notify the College and my physician of the circumstances.

I hereby acknowledge that I have reviewed the manual for the Matrix LED Lifestyle equipment. I agree to follow all rules and acknowledge that failure to follow such directions may result in the termination of my privilege to use the fitness room. I understand that the Fitness Center is unsupervised but monitored by a camera for safety and security reasons. Students are responsible for proper equipment usage and reporting if equipment is broken or malfunctioning. PrattMWP is not responsible for supervising or monitoring the manner or intensity of my use of the equipment or participation in exercise activities.

I hereby acknowledge that my use of the College's fitness room involves risks, including possible injuries to bones, muscles, tendons and ligaments, dehydration, abnormal blood pressure, fainting and heart disorders (including heart attacks). Based on the foregoing, I assume all risks associated with my use of the College's fitness room. I hereby release PrattMWP College of Art and Design, its Board, in both their corporate and individual capacities, its employees and supervisors for all claims (of any nature) relating to my use of the College's fitness room, including, but not limited to, claims for personal injury or death and damage to or loss of personal items.

Name: _____ Cell Phone: _____

On-Campus Housing/Local Address: _____

Emergency Contact: _____

Emergency Contact Phone: _____

Signature: _____ Date: _____

If a student is under the age of 18, the student's parent or guardian must also sign this form as acknowledgment and acceptance of the terms and conditions set forth herein on behalf of the user.

Name of parent or guardian: _____

Signature: _____ Date: _____

A copy of this waiver will be placed in the fitness center for use by emergency personnel.

Office Use Only:

Student cleared for sports activity on entry physical: _____ Date: _____

Student entered on authorized user list for card access: _____ Date: _____