University of the Virgin Islands

**General Public & Seniors**

**Wellness Center Membership Contract- Please pay at the UVI Cashiers office Located in the new ACC building and bring receipt to register at Wellness Center**

Enrollment & Re-enrollment Start Dates:
1st_____ 2nd_____ 3rd_____ 4th_____ ___ 5th_____6th_____

Drivers License #_____ Company _____

First Name _____ Last Name_____

Address_____

Email_____ Cell Phone _____

Emergency Contact # and Name_____

Member Signature_____Date_____

Parent/Guardian signature_____

YES NO **Official Use by the Wellness Center Staff**

__ __ Member has completed the member contract.
__ __ Member has completed the PAR-Q questionnaire.
__ __ Member has completed the Informed Consent & Acknowledgement of risk.
__ __ Member has read the Wellness Center Rules &Regulations.
__ __ Member has completed the wellness center equipment orientation
_____/_____ Date
__ __ Member has declined an equipment orientation. _____Date
__ __ Member is 16 or 17 years of age and parent has signed the member contract.
Staff Member's Signature_____

***GENERAL PUBLIC FAMILY MEMBERSHIP◇ $65.00 SENIOR FAMILY MEMBERSHIP ◇ $35.00***
**Plan includes you, your spouse and any children n 16-18 years residing within your household.**
Names of dependants that will be enrolling as a member of the UVI Wellness Center Max#4
1.Spouse/Significant Other_____
Children 16-18 1._____ 2._____
_____
Monthly Menbership___$50
6month___$300 9month___$450 12month___$600 15 classes P-bookNM___$135

15 classes P-book M__$105 Unlimited classes M(**1 YEAR**)__$690 Unlimited C/Gym(**1YEAR**)___$1,150
_____

Seniors $25 monthly Hours 6am -4pm 3 month min. _____$75 Other _____$ Classes Flat$5
Classes 15 P-book _____$65 UVI Cashier Receipt # _____

**IMPORTANT NOTE!!!!**

- **MANAGEMENT RESERVES THE RIGHT TO REVOKE THIS MEMBERSHIP**
- **MEMBERSHIP CAN BE FROZEN FOR NO LONGER THAN ONE MONTH FOR PURCHASES OF 3 MONTHS OR MORE**
- **GRACE PERIOD APPLICABLE FOR PURCHASES 6 MONTHS AND GREATER (CANCELATION OF MEMBERSHIP: BEFORE END OF 2 MONTHS, MEMBER RECEIVES 50% REFUND OF MEMBERSHIP PRICE, AFTER 2 MONTHS REFUND WILL AGGREGATE 25% OF PURCHASE PRICE**
- **CRITERIA FOR CANCELATION ARE PERMANENT RELOCATION AND MEDICAL PURPOSES, FOR ANY OTHER REASON NO FUND WILL BE ADMISSIBLE**
- **FAMILY MEMBERSHIP PURCHASE IS FOR GYM ACCESS ONLY.**
- **FAMILY MEMBERSHIP PARTICIPANTS MUST BE OF MARITAL STATUS**

University of the Virgin Islands

## General Rules, Regulations, Informed Consent, & Acknowledgement of Risk

### *Conduct*

The following rules and regulations governing the use of all wellness, fitness & recreational facilities at the UVI Wellness Center have been created to provide equal opportunity and protect the rights of each participant. As a member of the university community, and/or a member of the UVI Wellness Center you have a **responsibility to understand and abide by these guidelines.** To ensure everyone's safety, the UVI Wellness Centers' staff will enforce the usage guidelines and other posted regulations. Failure to abide by these rules and regulations may result in modified or revoked membership privileges as determined by the Director of the UVI Wellness Center.

The University of the Virgin Islands codes of conduct are enforced at the Wellness Center at all times. Use of the UVI Wellness Center is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the UVI Wellness Center revoked or modified indefinitely as determined by the Director of the Wellness Center. Students and members may be subject to further university disciplinary action as outlined in the University of the Virgin Islands Code of Conduct & Student Responsibilities. A complete booklet of the Wellness Center Rules and Regulations are at the front desk and posted on the University of the Virgin Islands Website: www.UVI.edu.com. Any wall posted rules and regulations that are approved by the Wellness Center Director are enforced. Policies are subject to change without notice.
(September 2010)

### *Informed Consent*

All Wellness Center members, class participants and guests must read and sign an informed consent prior to using the facility. In consideration of the opportunity to participate in classes, activities, programs, and workshops conducted by the UVI Wellness Center Facilities and to use equipment located therein, I, on behalf of myself and my minor children, do hereby release, hold harmless and forever discharge and agree not sue Trustees of the University of the Virgin Islands and its trustees, officers, agents, employees (together, the "University") from any and all claims, responsibilities or liabilities for injury or damages resulting from or arising out of my or my family's use of, presence in, or participation in activities conducted at the UVI Wellness Center and other University athletic facilities, whether or not caused by the ordinary negligence of the University.

I understand, recognize and acknowledge that certain activities conducted or taking place in the UVI Wellness Center facility are potentially hazardous. I also acknowledge that it is my responsibility to follow instructions for any activity or use of equipment, and seek help from staff if I have any questions. I further understand that notwithstanding precautions taken by the University, sports, fitness, classes and activities involve a risk of injury and/or death. I/We are voluntarily participating in these activities and using equipment and machinery with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks associated with my participation in activities at the University's Wellness Center and other University athletic facilities.

**UVI Wellness Center Member or Class/Workshop/Activity Participant Signature** **Date** **Print Name**

**Parent/Guardian of member or Class/Workshop/Activity Participant Signature** **Date** **Print Name**

University of the Virgin Islands

# Physical Activity Readiness Questionnaire
# PAR-Q

For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.Common sense is your best guide in answering these few questions. Please read them carefully and check the yes or no opposite the question if it applies to you.

| YES | NO | |
|---|---|---|
| ○ | ○ | 1. Has your doctor ever said you have heart trouble? |
| ○ | ○ | 2. Do you frequently have pains in your heart and chest? |
| ○ | ○ | 3. Do you often feel faint or have spells of severe dizziness? |
| ○ | ○ | 4. Has a doctor ever said your blood pressure was too high? |
| ○ | ○ | 5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise? |
| ○ | ○ | 6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to? |
| ○ | ○ | 7. Are you over age 65 and not accustomed to vigorous exercise? |

**If you answered YES to one or more questions;** If you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.

**If you answered NO to all questions…**If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for an exercise test.

_____

**UVI Wellness Center Member Signature Date**

University of the Virgin Islands

Wellness Center General Rules & Regulations

1. All patrons must present their UVI student ID cards or proof of Wellness Center membership and always check-in at the front desk.
2. Be courteous and respectful of others.
3. TV's remain muted. The TV channels and music selections are controlled at the front desk. Requests can be made on a sign-in sheet. Explicit is prohibited.
4. Cell phone use in the work-out areas is prohibited except when using the "ipod" application of the phone for listening to music, talking on the phone is limited to the lobby.
5. Please bring your own work-out towels to the Wellness Center.(for your convenience towels may be purchased at the front desk).
6. No food, beverages or chewing gum (except water) permitted in the work-out areas.
7. For Health & Safety reasons please wipe off equipment after use.
8. Swearing, grunting, loud noises, abusive language, inappropriate behavior is not be tolerated.
9. Lockers are day use only, patrons must provide their own locks and remove the locks at the end of each work-out which is a 2 hour limit.
10. Jeans, cut-off shorts, sandals , and flip flops are not permitted in the wellness Center.
11 .Shirts must be worn at all times, Shirts with offensive language are prohibited.
12. Shoes must be worn and clean and dry.
13. Children under the age of 16 are prohibited from working out in the work-out Equipment room.
14. The UVI Wellness Center is not responsible for lost, stolen or damaged belongings. The lost and found is located at the front desk.
15. Allowing another person to use your University ID or membership card is a violation of your contract. This is subject to revoking your membership.

_____

Member's Signature Date

**Equipment Use Etiquette and Rules**

1. Cardio use time limits will be posted and enforced depending on how crowded The wellness facility is. 30 minute, 20 minute and 15 minute limits maybe posted. A sign-up wait list form will be posted for taking turns on all cardio machines.
2. Allow others to work-in or take turns in the weightroom.
3. Do not monopolize several pieces of equipment.
4. Do not drop free weights or slam cable machine weights, control your lifts.
5. Re-rack weights when you are finished with them.
6. Wipe areas down when completed with each piece of equipment
7. Sign-in for all Wellness Center Classes. Classes are not a part of your Membership and require an extra payment.

_____

Member's Signature Date