

I the undersigned, am voluntarily participating in physical training and exercise activities in

I acknowledge having received and read the Nashua Community College rules, regulations, policies and procedures relating to the activities, facilities and/or equipment that I may be using and understand that the safe and proper use of the facilities, equipment or participation in the activity is dependent upon carefully following such policies and procedures. I further acknowledge that I have the requisite skills, qualifications, physical ability and training necessary to properly and safely use the equipment and facilities and to participate in the Activity itself. If I have any questions as to what skills qualifications or training is necessary to properly use the equipment, facility, or participate in the activity itself, I will direct such questions to the appropriate staff member on site. I have been given an opportunity to ask questions and understand what is expected of me. I acknowledge that failure to comply with these policies may result in loss of privileged Nashua Community College facilities.

I, the undersigned, certify that I am in adequate physical condition and physically able to perform this Activity acknowledge the existence of risks in connection with exercise activities, assume risks, and agree to assume full responsibility for any injuries sustained by myself in the use of these facilities and/or its equipment.

If I need emergency medical treatment Nashua Community College is authorized to obtain medical treatment for me. I will be financially responsible for any costs of such treatment. I agree that I will not hold Nashua Community College or the Community College System of New Hampshire responsible for any claims resulting from any medical treatment. I am aware that the Community College System of New Hampshire does not provide health insurance for me and I should carry my own health insurance.

I have read and understood the foregoing assumption of risk, release of liability and indemnification, and I understand that by signing this form I am waiving valuable legal rights and taking on significant obligations.

Your Signature: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

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Nashua Community College Wellness Center Orientation/Rules and Regulations

The purpose of the Orientation is to familiarize users with the general rules and regulations of the facility, proper room equipment and proper gym etiquette. The five sections included in orientation are: 1. General Information 2. Equipment 3. Free Weights 4. Cardiovascular Equipment 5. Gym/Track/Locker Rooms.

1. General Information

- < The Wellness Center may be used by all NCC students, faculty, and staff. GUESTS ARE NOT PERMITTED. Users are required to follow the Rules and Regulations.
- < Classes taught by an outside vendor will have a fee attached based on the agreement between NCC and that vendor.
- < You must also complete the Wellness Center Sign up Form and Emergency Contact Information and return it to the Wellness Center Staff to be kept on file. PLEASE READ THESE DOCUMENTS CAREFULLY! Emergency contact information is confidential and will be shared with Wellness Center Staff, NCC Employees acting in an official capacity, and with emergency personnel as needed.
- < You must have your ID validated each year at the Fitness Center. You should keep your ID for as long as you are at NCC. There is no charge for the first ID; however, any subsequent card will cost \$10.00 each paid at the Business Office
- < Please remember to call (603) 888-7261. 7e1-1.995 ()Tj 2.

- B. Do not drop weights
- C. Use end clamps where applicable
- D. Wipe down equipment after use
- E. Remove weight plates from bars and/or return dumbbells/weights to rack after use

Remember: Pain/discomfort may be an indication of improper form or injury and you should consult with a physician

4. CARDIOVASCULAR EQUIPMENT

We encourage users to study user manuals prior to use. You may consult a staff member.

5. GYM/TRACK/LOCKER ROOMS

- < Activities in the gymnasium include intramural activities and organized pickup games (basketball, volleyball, indoor soccer, dodge ball) and other special events.
- < Walking/running on the track will have a specified direction each day. Walkers will be on the inside lane and runners/joggers will be on the outside lane. Respect must be given to the individual in front of you. When possible all passing will be done with respect and to the right of the individual.
- < Lockers are ONLY for use while utilizing the fitness center, gymnasium, or during an NCC sponsored athletic event.
- < Users are responsible to purchase their own locks. Locks left on overnight will be removed by NCC staff. NCC is not responsible for any lost or stolen items.
- < Shower areas are available. Users should bring their own towels and personal hygiene items.
- < Some or all sections of the Wellness Center may be closed prior to or during special events. If Locker Rooms are closed users are asked to make sure everything is out of the locker rooms by a specific time, generally a minimum