

WESTBROOK and WALNUT GROVE AREA WELLNESS CENTER

Informed Consent and Release of Liability

I understand that it is my responsibility to consult with my physician regarding my fitness program participation.

I understand that there are possibilities of injury or other complications, including but not limited to: musculoskeletal injuries, cardiovascular trauma, neurological impairment, heart attack, and even death which may occur while using the Westbrook Area Wellness Center, or while participating in any health and fitness program activities at and away from the fitness center. I voluntarily assume all risks associated with my participation in the health and fitness program. I understand and acknowledge that it is my responsibility not to exceed the guidelines for me that have been established individually with my physician.

I understand that use of the Wellness Center and participation in health and fitness program activities is strictly voluntary and I may discontinue my participation at any time. My discontinuation may be non-refundable, however. I further understand that the Westbrook Area Wellness Center may revoke my privileges to use the Wellness Center at any time, at its sole discretion. I agree to be bound by and obey all the outlined rules in my use of the facility and my participation in the health and fitness program activities.

In consideration of being allowed to use the Westbrook Area Wellness Center exercise facility, and being allowed to participate in program activities, I hereby covenant not to sue and to release assigns from any and all claims resulting from ordinary negligence's, demands, actions, or causes of action whatsoever, and from any and all liability for any death, that may arise or be sustained by me, during or related to my participation in the Westbrook and Walnut Grove Area Wellness Centers health and fitness program. This release shall be binding upon my heirs, administrators, executors, and assigns.

I represent that I have read and understood this Informed Consent and Release of Liability and acknowledge that this release is being relied on by the Westbrook and Walnut Grove Area Wellness Centers in permitting me to use the facilities. I understand that at any time I may review this Informed Consent and Release of Liability by requesting a copy. I agree that if any portion of this form is held invalid, the remainder of this form will continue in full legal force and effect.

Participant Signature

Witness Signature

Participant Name (please print)

Witness Signature (please print)

WESTBROOK and WALNUT GROVE AREA WELLNESS CENTERS

General Information and Rules of Membership

1. Hours of Operation:
 - a. Sunday through Saturday – 5:00 AM-11:00 PM
2. Age Requirement:
 - a. This is an adult membership Fitness Center, you must be 18 years of age or older to belong. No children will be allowed in the facility.
 - b. Students age 13 and older may access the Wellness Center under the following guidelines:
 - Students must be at least 13 years old.
 - Students must attend with a parent and not a sibling or any other relative, no exceptions.
 - Students and Parents must attend an orientation before they are allowed membership.
 - Students will utilize headphones at all times when listening to music.
 - Students will only be allowed to attend the fitness center with parents between 5:30 – 8:00 a.m. and 6:00 – 9:00 p.m. Monday – Friday. They are allowed to attend with parents anytime on weekends.
 - Anyone turned in for not following the guidelines will have their cards inactivated for 30 days on the first offense and one year for the second offense. This applies to students as well as the parent.
3. Entry and Exit:
 - a. Your electronic key FOB will allow you access into both the Westbrook and Walnut Grove facilities. Your FOB will allow you access to the north door at the Westbrook Center and the south door at the Walnut Grove Center, as well as entrance to the Wellness Center rooms.
 - b. You must not leave doors unlocked or open at any time. Keep your key card with you at all times.
 - c. If you lose your door entry key FOB, please contact Karen immediately at the High School office (507-274-6111) and your card will be deactivated. There is a \$5.00 fee for a new card if you lose your FOB.
 - d. Your entrance and exit into the building and Fitness Center is electronically tracked by our automated computer system for your safety and protection.
4. Fees: **ALL FEES MUST BE PREPAID!**
 - a. \$20.00/month per person
 - i. Patrons may also elect automatic checking account transfer. You will need to contact your own bank to activate this service.
 - b. Prepaid yearly memberships receive two months free (\$200.00). Members who are reimbursed through their insurance do not qualify for this discount.
 - c. Guests – If you wish to bring an adult guest(s) with you to the Wellness Center, please contact the office (507-274-6111) ahead of time to alert us that a guest(s) will be with you. Guests must be at least 18 years old. Once you have approval, your guest(s) must pay \$3 for each time they visit the center with you, for no more than four visits per month. Members **MUST** be with guests while they visit the center.
 - d. If you decide to cancel your membership, please return your card to the person who issued it to you.
 - e. There will be a \$30.00 fee for all checks returned to us by the bank.
5. Payment Procedures:
 - a. Pay via check or cash at the WWG High School office at Westbrook, or at the WWG Elementary office in Walnut Grove during normal business hours. You may also mail payment to: Westbrook Area Wellness Center, PO Box 129, Westbrook MN 56183, or drop payment in the drop box located at both Wellness Centers. Payments are picked up from the drop box by 7:15 AM Monday through Friday.
6. Membership Card:
 - a. Your membership FOB is also your access FOB. It will not work if you attempt to enter outside the stated “Hours of Operation”, or if your membership fees have expired.
 - b. Procedure to enter: Hold your FOB in front of the reader. When your FOB is detected, a green light will briefly show and a beep will sound. Simply PULL to open the door.
 - c. Access: All members have access to the north entrance door in Westbrook, the south entrance door in Walnut Grove, and to both Wellness Center room doors.
7. Transferability:
 - a. Membership is not transferable to other persons.
8. Physician Awareness:

- a. By signing this form, (General Information and Rules for Membership Form), and the Informed Consent and Release of Liability Form, you acknowledge that you have discussed an exercise program with your physician and have received permission to do so.
- 9. Medical Conditions:
 - a. If you have a medical condition inhibiting exercise, you will take the precautions necessary and assume any or all risks.
- 10. Assumption of Risk:
 - a. Exercise is voluntarily performed at your own risk.
- 11. Injuries:
 - a. If you should incur an injury at the Westbrook Wellness Center, you acknowledge that it is your responsibility to seek appropriate care.
- 12. Dress Code:
 - a. Pants or shorts, socks, shoes and t-shirts must be worn. No jeans or cut-off jeans are allowed as they may tear the equipment.
 - b. Athletic shoe must be clean and non-marking. Members MUST have a separate pair of athletic shoes for Wellness Center use only. No street shoes are allowed inside the Wellness Center. Shoes are to be removed in the lobby.
- 13. Property Damage or Loss:
 - a. The Wellness Center is not responsible for any property lost, stolen, or damaged while you are using the facility.
- 14. Use of Equipment:
 - a. You promise to use the equipment as it is intended and instructed. If you misuse the equipment and damage it, you will be responsible for the cost to repair it.
- 15. When Equipment Malfunctions:
 - a. If a piece of equipment is malfunctioning, please put an available "Out of Order" sign on it and do not attempt to fix it yourself.
- 16. Penalties for Breaking Rules:
 - a. Membership will be canceled, and no refunds will be issued.
- 17. Water is Allowed:
 - a. Water is allowed in the Wellness Center, but no other food or beverage.
- 18. Listening Devices:
 - a. iPods, MP3 players, etc. are allowed as long as they are used with headsets. No other devices are allowed.
- 19. Questions and Concerns:
 - a. Any questions or concerns regarding equipment or procedures, please contact Karen Kolar in Westbrook at kolar@mntm.org or 507-274-6111, or Mr. Olson in Walnut Grove at 507-859-2141, or Superintendent Loy Woelber at 507-828-6608.
- 20. Building Emergency:
 - a. For immediate attention in solving heating, plumbing, etc. problems, please contact the High School office during business hours or Stan Erickson at 507-274-5639 after hours.

You acknowledge that you have read the above rules, and that if you should break any rules or procedures dispensed by the Westbrook and Walnut Grove Area Wellness Centers or I.S.D. #2898, you hereby revoke your privileges to use the Wellness Center immediately. You also understand that no refunds will be provided.

Participant Signature

Witness Signature

Participant Name (please print)

Witness Signature (please print)