

## WAIVER OF LIABILITY

As a condition of my participation in the Free Weight Club at Columbia University, College of Physicians and Surgeons and my use of the University's facilities in connection therewith, I agree and acknowledge that neither the Trustees of Columbia University in the City of New York (the "University"), nor its trustees, affiliates, officers, agents or employees, shall have any liability to me or to my heirs or legal representatives as a result of any loss, injury or damage (including death) incurred or suffered by me in connection with such participation and use and I hereby expressly waive all rights, claims, causes of action and the like, of any nature whatsoever, which I or my heirs or legal representatives may have against the University or any of its agents or employees in connection with my participation in the Free Weight Club at Columbia University, College of Physicians and Surgeons and my use of the University's facilities in connection therewith. By signing this waiver, I agree and promise to indemnify, defend, and hold harmless the University as a result of any injuries, damage, illness, or death in connection with participation in the Free Weight Club.

**Medical Insurance:** Members participating in the Free Weight Club are required to have adequate medical coverage. Please state below the provider and policy number of the insurance plan you will be covered by during the period of use of the Free Weight Club.

Health Insurance Provider \_\_\_\_\_ Policy Number \_\_\_\_\_

Common injuries arising from the lifting weights include damage to muscles and ligaments in the back, leg, arm, neck and shoulder; blisters on the hands; joint pain in the ankles, knees, wrists, elbows and shoulder, increased damage can also be done to the cervical and lumbar spine in the form of stressed or herniated disks, which will lead to further problems as the person gets older. By signing this document, you acknowledge that the use of this unsupervised exercise facility is at your own risk.

Insofar as any member has a medical condition, it is the responsibility of said member to have all necessary medications during participation in the Free Weight Club. The member can alert the P&S Office regarding this medical condition if said member is comfortable doing so and believes it necessary.

**Confidentiality:** A copy of this form will be filed in the P&S Club Office, for use in emergencies only and will be destroyed once membership has expired. Please note that this form contains confidential information and should be handled accordingly.

Free Weight Club  
Club

2016-2017 Academic Year

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Columbia UNI

Circle your affiliation:                  Student

Faculty/Staff

*If student, circle your school:*   P&S   CDM   GSAS   IHN   MPH   Nursing   OT   PT

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

\_\_\_\_\_  
Emergency Contact Name and Number

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date

## Free Weight Club Membership Rules

1. **You must be a member to use the facility.** Please post your ID to the ID board immediately upon entering the FWC. Non-members and anyone without an ID + sticker present will be asked to leave without exception. All members should have password access; please do not allow anyone into the Free Weight Club. Your membership lasts from the day of sign up until the end of the following August. Renewing members are granted a two-week grace period before your membership expires. If you are found bringing non-members into the gym, **your membership will be terminated and no refund will be given.**

Initial: \_\_\_\_\_

2. **Please show respect for the facility and your fellow members.**

- a. **ALWAYS re-rack your weights after using them. Return any equipment you move to its original position.**
- b. **Do not use METAL weighted plates on the Olympic platforms;** only rubber “bumper” plates are permitted.
- c. **Scrubs** are strictly forbidden as workout attire.
- d. Refrain from slamming weights on the floors, as they are not designed to withstand heavy impact. The Olympic platforms are designed to absorb sheer force, so dropping weights is permitted there.
- e. Treadmill and stationary bike use is limited to 30 minutes when other members are waiting.

Initial: \_\_\_\_\_

3. **A/V Equipment Use.** Priority for the TV station and music selection is on a first come, first serve basis. Please ask those around you before changing the music or TV channel. **Please refrain from playing music at egregious volume levels,** and be courteous to other users of the space. If your music is constantly bothering those around you, please use headphones.

Initial: \_\_\_\_\_

4. **Workout Safety Rules.** NEVER lift heavy weights WITHOUT a spotter. You should not be lifting weights that you cannot control. Given the close proximity of equipment in the FWC, you put both yourself and others at risk for physical injury.

Initial: \_\_\_\_\_

5. **Fire Safety.** In case of fire, remember RACE:

R- Rescue (ensure all members exit the facility)

A-Alarm (pull the nearest fire alarm pull station)

C-Confine (move all flammable materials from the immediate area)

E-Extinguish (use the provided extinguisher to put out the flames)

Initial: \_\_\_\_\_

If you are a witness to any fire safety emergency, you must also contact Public Safety immediately: 212-305-7979 (for emergencies call 9-1-1). Also please report any concerns to the P&S Club Office at 212-304-7025 or to [freeweightclub@columbia.edu](mailto:freeweightclub@columbia.edu).

6. **Health and Safety.** Clean up perspiration and chalk left on equipment using the sanitary wipes, and dispose of garbage properly. Clean chalk from bars with the provided bristle brush. Shirts and closed-toe shoes must be worn at all times.

Initial: \_\_\_\_\_

7. **Space Management.** No personal belongings are allowed to be stored overnight in the facility. If you are the last to leave the facility, please turn off the stereo, TV, lights, fans, and air conditioner, and be sure the doors are all completely closed.

Initial: \_\_\_\_\_

**Please be courteous to other members. Anyone whose actions are repeatedly reported or observed to be inconsiderate, rude, or in direct violation of any of the aforementioned rules or university policies, will have their membership terminated immediately without refund.**

**I have read and understand all the above and agree to follow all the rules of the FWC with the knowledge that that failure to do so can result in termination of membership without a refund at any time.**

\_\_\_\_\_

Print Name

\_\_\_\_\_

Sign Name

\_\_\_\_\_

Date