

P&S Club: Free Weight Club 2017-2018

GENERAL INFORMATION

Name: _____ Date of Birth: _____
Address: _____ City/State/Zip: _____
Phone: _____ Columbia Email/UNI: _____
Indicate Your Affiliation: ___Student ___Faculty/Staff
If student, select your school: ___P&S Medical ___CDM ___GSAS ___IHN ___MPH ___Nursing ___OT ___PT

ABOUT THE ACTIVITY

I am aware that there are inherent risks in participation in the Free Weight Club and the use of exercise equipment including but not limited to: common injuries such as damage to muscles and ligaments in the back, leg, arm, neck and shoulder; muscle strains and bone fractures; blisters on the hands; joint pain in the ankles, knees, wrists, elbows and shoulder; increased damage can be also 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 and I am voluntarily participating in these activities and using equipment and machinery with full knowledge, understanding, and appreciation of the dangers involved.

MEDICAL INFORMATION

Medical Insurance: Everyone participating in the Free Weight Club is required to have adequate medical coverage. Please state below the provider plan you will be covered by during the duration of the activity.
Are you covered under the Columbia Student Health Insurance Yes ___ No ___
If not, please indicate Health Insurance Provider _____

If any participant has a medical condition, it is the responsibility of said individual to have all necessary medications throughout the duration of the program. Participants can alert program staff of his/her medical condition if he/she is comfortable doing so and or thinks it is necessary / important to alert the staff.

EMERGENCY CONTACT INFORMATION

In case of an emergency, please contact:
Name: _____ Relationship to Participant: _____
Phone Number: _____ Cell Phone: _____

CONFIDENTIALITY NOTICE

A copy of this form will be filed electronically in the Administrative Office for at least three years after the activity has concluded. Please note that this form contains confidential information and should be handled accordingly.

WAIVER

You agree and acknowledge that neither The Trustees of Columbia University in the City of New York (the "University"), nor any of its agents or employees, shall have responsibility for any loss, injury, or damage incurred or suffered by me in connection with my participation in the Free Weight Club or including, but not limited to, any personal injury, death, or property damage, and 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 such activities. By signing this form, 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 the Participant's attendance in the Free Weight Club.

Signature

Date

Print Signature

Date

IMPORTANT INFORMATION

In Case of an Emergency, first contact local help by dialing 911 or the local authorities.

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. **Anyone without an ID + sticker present on the ID card-holder may be subject to penalization.** A first offense may lead to a suspension from the gym until the end of the day. A second offense may lead to up to a week-long suspension. A third offense will lead to suspension until the next signup period, or for a duration of at least one month. All members should have password access. Please do not bring any guests into the Free Weight Club. **Members found bringing non-member guests into the gym will have their memberships terminated with no refund provided.** Non-members entering the gym, except with explicit permission from a FWC officer to view the facilities (but not use them), will be asked to leave immediately and may be disallowed from acquiring future membership. Your membership lasts from the day you sign up until the end of the following August. After the P&S Club Fair, you are granted a two-week grace period before your membership expires and you will be deleted from the system. Initial: _____
2. **Please show respect for the facility and your fellow members.**
 - a. **ALWAYS re-rack your weights after using them.**
 - b. **Return any equipment you move to its original position.**
 - c. **Do not use METAL weighted plates on the Olympic platforms;** only rubber “bumper” plates are permitted.
 - d. **Scrubs** are strictly forbidden as workout attire.
 - e. 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.
 - f. 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 others, 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.** If you are a witness to any fire safety emergency, you must contact Public Safety immediately: 212-305-7979 (for emergencies call 911). Also please report concerns to the P&S Club Office at 212-304-7025 or to freeweightclub@columbia.edu. 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: _____
6. **Health and Safety.** Clean up perspiration and chalk left on equipment using the sanitary wipes, and dispose of garbage properly. 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, please turn off the stereo, TV, lights, fans, and AC, 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 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

ADMIN USE ONLY

User ID _____ Paid: Cash Check # _____ Online Fee waived

New Member Renewal