



CCNM
Canadian College of
Naturopathic Medicine

FITNESS CENTRE WAIVER FORM

- You have the right to be treated with respect.
- You are responsible for respecting the privacy of others within this facility and for demonstrating respect for all individuals.
- You have the right to participate in an environment free of harassment based on age, weight, race, gender or sexual orientation.
- You have the right to provide feedback on services and to receive a response to your suggestions.
- You have the right to participate in a facility that is clean and safe.
- You are responsible for respecting the facility in which you participate.
- You are responsible for sharing equipment, space and facilities willingly.
- You are responsible for the reporting of any concerns regarding facility etiquette (such as safety concerns or harassment) to CCNM front desk or security personnel.

USING THE FITNESS CENTRE

A Member-Based Facility

The CCNM fitness centre is a membership-based facility for CCNM students, faculty, staff and other CCNM community members. Access to the Fitness Centre is available through valid electronic pass cards. Children under the age of 16 years are not permitted in the Fitness Centre facilities including the saunas.

Hours

The Fitness Centre is open for use 24 hours per day, seven days a week including holidays.

Building Access

All members must swipe their valid CCNM electronic pass card at the door for access to the facility. Propping open the doors to aid in illegal entry jeopardizes the security of the facility and will result in suspension of membership privileges.

Change rooms in the basement are accessible to gym users and persons with valid electronic pass cards ensuring the safety and security of all users.

Fitness Centre Rules and Regulations

Incidents reported in writing involving disruptive behaviour, disorderly conduct, theft, engaging in or aiding illegal entry, and/or persistent disregard of Fitness Centre equipment, rules, regulations and respect for others may result in suspension of privileges. Incident reporting forms are available from security and are to be completed with security personnel.

Member Health and Safety

For the safety and enjoyment of all members and visitors we ask that you follow a few rules and regulations while using the facility and equipment. All rules and regulations are posted throughout the facility.

All participants are expected to recognize and accept the risks inherent in their activity. Part of the risk involved in undertaking any activity or program is relative to the participant's own state of health (physical, mental or emotional) and the awareness, care and skill with which the participant conducts himself or herself in that activity or program. The specific risks vary from one activity to another. All participation in services is voluntary and each participant knowingly assumes all risks associated with his or her own participation.

In Case of Emergency

In case of personal injury or accidents, contact emergency services by using the phone located in the Fitness Centre, which will directly link you with Security.

Gym bags

No gym bags are allowed in the Fitness Centre as space is limited and must be kept clear for safe use and exiting. 1 Day lockers are available inside the change rooms.

Photography

Photography is only allowed in the Fitness Centre with the express permission of the CCNM Communications Office. Any type of photography, including cell phone cameras is prohibited in the locker rooms and saunas. All cell phones must be turned off when in the locker rooms and saunas.

Lockers

Lockers are available for day use only and all users are responsible for supplying their own locks. At the Fitness Centre closing time, contents will be removed from inappropriately occupied lockers. Belongings will not be held beyond 30 days. CCNM is not liable for lost or stolen contents from lockers or from any area of the Fitness Centre, or for contents left after the Fitness Centre closes. Locks will be removed from any inappropriately occupied rental locker.

Disclaimer

This is a release of liability-please read before signing.

The risk of injury from physical exercise may occur, and while particular judgment and caution will minimize the risk, the risk of injury does exist. By signing this form, the undersigned (herein referred to as the "user") knowingly and freely assume all such risks, both known and unknown, and assumes full responsibilities for participation. Users of the Fitness Centre are strongly encouraged to consult with a qualified health care professional before beginning an exercise program.

By signing below, the user for themselves and on behalf of their heirs assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS THE Canadian College Of Naturopathic Medicine, their officers, officials, agents and/or employees, WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, or loss of damage to persons or property; and I understand that as a member in good standing of the CCNM Fitness Centre, I am expected to maintain a certain standard of behaviour and professionalism, adhere and agree to the above mentioned policies and procedures and will conduct myself accordingly.

By signing below, you acknowledge that you have read and understood this document in its entirety and agree to all the terms and conditions.

Name: _____

Signature: _____

CCNM Student #: _____

If you are living in residence, please indicate your expected graduation or move-out date below.

Month: _____

Year: _____

Emergency Contact:

Please provide the name and phone number of your emergency contact. This information will only be used in the case of an emergency.

Contact Name: _____

Contact Phone Number: _____

Relationship: _____