

HENNESSY CENTER

at

Dominican College

Student, Faculty and Staff of Dominican College, St. Dominic's staff and Guests Liability Release form

I, _____, a _____ DC Student
_____ DC Faculty or Staff member
_____ St. Dominic's staff
_____ Guest

agree to follow the rules and regulations below when using the facilities at the Hennessy Center:

1. No admittance without proper identification. DC Students, faculty and staff must have a valid college ID card. St. Dominic's staff must have a valid staff ID card. ID cards are to be presented to the Front Desk upon arrival and left at the desk while the user is in the building. All persons must check in at the desk before using the facilities.
2. All users must be orientated prior to using the fitness room equipment.
3. Guests are the responsibility of the member/user.
4. Everyone is required to bring an extra pair of sneakers to work out in, and, if asked, to show them at the front desk.
5. Access to the Hennessy Center is from the front door only. Violators will have their privileges revoked.
6. All persons under the age of 18 must be accompanied by an adult member. No user under the age of 14 is allowed in the fitness room.
7. Dominican College students, faculty and staff have priority over other users.
8. Proper attire is required: sweatpants, gym shorts, t-shirts and sneakers. Street clothes and shoes or boots of any kind are not permitted in the fitness room, track or gymnasium.
9. No food or drink of any type is permitted in the fitness room or gymnasium.
10. Bags or knapsacks are not permitted in the fitness room or gymnasium. They must be stored in the locker room. You are responsible for providing your own lock.
11. Any equipment borrowed from the front desk must be returned to the desk.

WHEN USING THE FITNESS ROOM I AGREE TO THE FOLLOWING:

1. To use the weight belts and collars provided in the fitness room and to use a spotter at all times while using the free weights.
2. To refrain from dropping the weights on the floor and to return the weights to their proper storage rack when finished.

I agree that my participation in any Intramurals, recreation or fitness program at the Hennessy Center will be at my own risk. I agree that the Hennessy Center is available for use only during posted times when the building is open and personnel are on site or at the front desk.

I understand that improper use of the exercise equipment and facilities, including the use of equipment for which I am not physically or medically qualified, could have dangerous consequences and result in serious injury. I certify that I have obtained the approval of a medical doctor to use the fitness room equipment, the track or the gymnasium at the Hennessy Center.

I understand that Dominican College does not provide training or supervision or monitoring of the proper use of the facilities and equipment. I agree that, therefore, it is my responsibility to use the equipment properly and according to the directions provided. I agree to bear all risks associated with using the equipment and facilities. I further agree that no express or implied warranties have been made to me as to the fitness for use of any of the supplies, equipment or facilities at the Hennessy Center.

I further agree for myself, my heirs, executors, assignees and personal representatives to release and hold harmless Dominican College and its employees, officers, trustees, affiliates and agents, present and future, from and against all claims, causes of action, liabilities and damages (including attorneys fees), for property damage, personal injury, illness or death that may arise from my use of the facilities and equipment at the Hennessy Center, whether caused by negligence of the College or otherwise.

I further state that I am at least 18 years of age and competent to sign this acknowledgement and release.

Name _____ Date ____/____/____

Signature _____ Hennessy Staff _____

NAME _____ has been orientated to the proper use of the fitness room equipment.

Signature _____ Date ____/____/____

Hennessy Staff member signature _____