



Los Angeles Mission College

LAMC HFAC

Member Information and Waiver

Employee/Student/Community ID # _____ Date of Birth: _____ Date: _____

Class(es): _____ Instructor(s) _____ Section Number(s) _____

Circle: Non P.E. Student Wellness P.E. Student Wellness Faculty & Staff Eagles Fitness

First Name _____ Middle Initial _____ Last Name _____

Sex (circle) Male/Female Email: _____

Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____

Person to Contact in Case of Emergency:

Name: _____ Relationship _____

Contact's Home Phone _____ Contact's Work Phone _____

If any of this information changes, please inform one of our staff members.

A. Los Angeles Mission College ("LAMC or also referred to herein as College") Fitness Center Guidelines: Member agrees to adhere to the following guidelines of the LAMC Fitness Center. Failure to adhere to such guidelines may result in the cancellation of membership:

- Attend, before participation, a student, staff or athletic orientation meeting.
- A valid Los Angeles Mission College ID is required to gain entrance at all times.
- You must bring a towel.
- Proper gym attire is required at all times.
 - Wear proper training attire, particularly athletic shoes and shirts.
 - No open toed shoes or shoes without a back.
 - Workout shorts or pants only.
 - No cutoffs, jeans, cargo shorts or pants
- No cell phone usage allowed during class times.
- No unsupervised use of Fitness Center allowed.
- There is a maximum of 30 minutes on any aerobic equipment when others are waiting.
- Use clamps on the ends of the all bars.
- Office telephones and computers are off limits to students.
- Please report any facility-related injury or equipment irregularity to the staff on duty.
- The College and its staff are not responsible for lost/stolen items.
- No guest or children allowed in the facility.
- Only staff is allowed to operate A/V equipment.
- Please use sanitation stations to clean machines and equipment after each use.
- Replace weights and equipment to their proper places.
- Do not wear weight belts when in contact with equipment upholstery.
- Do not drop weight plates or dumbbells.
- Do not engage in horseplay or loud offensive language.
- No food, beverages, or tobacco use permitted in the fitness center. Water bottles are acceptable.
- Show respect for the equipment and facilities at all times; theft, defacing or spitting in the facility is not tolerated and will result in immediate expulsion.
- In order of a refund, membership must be refunded within the first two weeks of purchase.
- If you are being refunded for you membership for any reason, there will be a %15 cancelation fee.
- In the event of failing to pay the full amount of the partial payment plan, you will be unable to use the HFAC facilities or register for future programs until full payment amount is received.
- If you are caught sneaking someone in to the fitness center and/or if your membership ID card is being misused, this will result in membership removal without a refund and future registration.
- If you are caught personal training or soliciting private training sessions your membership will be revoked without refund.

- The staff has the authority over all fitness center conduct and the equipment use. Neglecting these rules may result in removal from the premises.

B. LAMC Gymnasium & Studio Room Guidelines

- Proper gym attire is required at all times.
 - Wear proper training attire, particularly athletic shoes and shirts.
 - No open toed shoes or shoes without a back.
 - Workout shorts or pants only.
 - No cutoffs, jeans, cargo shorts or pants.
- No unsupervised use of Gymnasium allowed.
- No cell phone usage allowed during class times.
- Please report any facility-related injury or equipment irregularity to the staff on duty.
- The staff is not responsible for lost/stolen items.
- No guest/children allowed in the facility.
- Lobby chairs and tables may not be brought into this area.
- No hanging on the basketball rims.
- No tape of any kind may be put on the floor.
- No balls may come in contact with windows, shot clock, advertising panels or scoreboards.
- Do not engage in horseplay or loud offensive language.
- No food, beverages, or tobacco use permitted in the Gymnasium. Water bottles are acceptable.
- Show respect for the equipment and facilities at all times; theft, defacing or spitting in the facility is not tolerated and will result in immediate expulsion.
- The staff has the authority over all Gym and Studio conduct and the equipment use. Neglecting these rules may result in removal from the premises.

C. LAMC Locker Room Guidelines

- LAMC is not responsible for loss, theft, or damage of personal belongings.
- Lockers are available to use on a daily basis while using the fitness center, studios and gym for no charge.
- Please bring your own lock.
 - Contents from lockers from unauthorized users will be removed and stored for up to 7 days.*
- Please keep your locker & area clean.
- Damage to any LAMC property is the responsibility of the individual(s) involved.
- Please report facility issues or concerns to one of the fitness center or equipment room staff.
- Show respect for the equipment and facilities at all times; theft, spitting in or defacing the facility is not tolerated and will result in immediate expulsion.

Please consult the staff or faculty member on duty if you have any questions or concerns.

ASSUMPTION OF RISK, WAIVER OF LIABILITY, INDEMNIFICATION AND HOLD HARMLESS ACCEPTANCE
PLEASE READ CAREFULLY

1. ASSUMPTION OF RISK

I fully understand and hereby assume the risks and responsibilities that exist in my participation and use of the fitness center, studios and or gymnasium collectively referred to herein as "HFAC" at LAMC. Participation in such activity could result in injury not limited to bodily injury, strain, sprain, laceration, abrasion, fracture or other type of serious injury. In recognition of the inherent risks of this participation, I confirm my physical and mental capability. I participate willingly and voluntarily and assume full and complete responsibility for any personal injury or loss that may occur as a result of any accident or incident that may occur.

2. WAIVER OF LIABILITY

2.1 The undersigned hereby voluntarily releases, discharges, waives and relinquishes any and all actions or causes of action for personal injury, property damage, death, or loss of any kind whatsoever occurring to him/herself arising as a result of engaging in use or activities of the HFAC incidental thereto wherever or however the same may occur and for whatever period said use or activities may continue.

2.2 The undersigned does for him/herself, his/her heirs, executors, administrators and assigns hereby release, discharge, waive and relinquish any action or cause of action, aforesaid, which may hereafter arise for him/herself and for his/her estate, and agrees that under no circumstances will he/she or his/her heirs, executors, administrators and assigns prosecute, present any claim for personal injury, property damage, death or loss of any kind whatsoever against the, COLLEGE, DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives for any of said causes of action, whether the same shall arise by the negligence of any of said persons, or otherwise.

3. INDEMNIFICATION AND HOLD HARMLESS

3.1 The undersigned for him/herself, his/her heirs, executors, administrators, and assigns agrees that in the event any claim for personal injury, property damage, death or loss of any kind whatsoever shall be prosecuted against the COLLEGE, DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives, he/she shall hold harmless and indemnify the COLLEGE, DISTRICT, the BOARD of TRUSTEES, the DISTRICT's officers, employees, agents, representatives from any and all claims or causes of action by whomever or wherever made or presented for personal injury, property damage, death, or loss of any kind whatsoever.

I have read and fully understand the LAMC Fitness Center, Studio, Gymnasium and Locker Room Guidelines. The undersigned has read the assumption of risk, waiver of liability, indemnification and hold harmless agreement, fully understands its terms, and understands that he/she is giving up substantial rights, including the right to sue. The undersigned acknowledges that he/she is signing the agreement freely and voluntarily.

Signature of Member: _____ Date _____

Signature of Parent/Guardian, if participant is under 18 years of age: _____ Date _____