

List any other medications NOT listed above that may limit your ability to exercise: _____

Participant Agreement

_____ (Initial) I understand that my NCC ID card is required for entry to, and use of, the NCC Wellness Center facilities; including the fitness center, locker rooms, multi-purpose room, and gymnasium during open hours.

_____ (Initial) I understand that entry and use of the fitness center requires proper exercise attire (appropriate exercise clothing) and footwear (appropriate exercise shoes, no open toe shoes, heels or flats, sandals. And also non-marking soles in the gymnasium, i.e. no boots) to be worn at all times. I also understand that any and all bags, extra clothes, etc., must be stored in the locker room.

_____ (Initial) I agree to treat any and all equipment within the Wellness Center facilities appropriately and with care and respect, and that it is my responsibility to clean the equipment and put it away when I am done.

_____ (Initial) I have read, understand, and agree to the NCC Wellness Center Rules and Regulations, have been given a chance to ask questions, and I understand what is expected of me as a user of these facilities. I also understand that failure to comply with these rules and regulations may result in suspension or termination of Wellness Center Privileges.

ASSUMPTION OF RISK:

For and in consideration of being permitted to use Nashua Community College's Wellness and Athletic Center I, the undersigned, assume all risks in any way connected with or related to physical exercise and hereby waive any and all claims which I may have arising out of theft or destruction of, or damage to personal property, personal injury, or death and release Nashua Community College, its agents and employees harmless from any liability whatsoever relating to my use of the Nashua Community College facilities, including reasonable attorney's fees.

I, the undersigned, acknowledge the existence of risks in connection with exercise activities, assume risks, and agree to accept the responsibility for any injuries sustained by myself in the use of these facilities and/or its equipment. More specifically, I acknowledge and accept responsibility for injuries resulting from those activities, which involves risks in one or more of the following areas:

1. Possible injuries or medical disorders due to the participants use of the equipment and facilities, such as heart attack, stroke, heart stress, or other injuries which result from individual or group exercise activities such as sprains, broken bones, torn muscles, torn ligaments, etc.
2. Participation in the unsupervised activities which are made available in the Nashua Community College Fitness Center, Multi-Purpose Room and Gymnasium or in other individual or group exercise classes.
3. Accidents which occur within the facilities provided by Nashua Community College such as locker rooms, shower rooms, cafeteria and classrooms.

Having read the preceding, I acknowledge and understand those risks and set forth herein and knowingly agree to accept full responsibility for my exposures to such risks.

In addition, I have completely read the Nashua Community College rules and regulations. I have been given an opportunity to ask questions and feel that I understand what is expected of me as a Nashua Community College student, faculty or staff member. I also acknowledge that failure to comply with these policies may result in loss of Wellness Center privileges.

Signature: _____ Date: _____

Parent/Guardian (if under 18): _____ Date: _____

Staff Signature: _____ Date: _____

Nashua Community College Wellness Center Orientation/Rules and Regulations

The purpose of the Orientation is to familiarize users with the general rules and regulations of the facility, proper use of the weight room equipment and proper gym etiquette. The five sections included in orientation are: 1. General Information 2. Equipment 3. Free Weights 4. Cardiovascular Equipment 5. Gym/Track/Locker Rooms.

1. General Information

- The Wellness Center may be used by all NCC students, faculty, staff and employees of the Community College System of NH office. Employees of the vendors contracted by NCC, the Bookstore, and Dining Services may also use the facilities. **GUESTS ARE NOT PERMITTED.** All users are required to follow the Rules and Regulations.
- Classes taught by an outside vendor will have a fee attached based on the agreement between NCC and that vendor.
- You must also complete the **Liability Release** and **Emergency Contact Information** and return it to the Wellness Center Staff to be kept on file. **PLEASE READ THESE DOCUMENTS CAREFULLY!** The emergency contact information is confidential and will be shared with Wellness Center Staff, NCC Employees acting in an official capacity, and with emergency personnel as needed.
- You must have your ID validated each semester at the Admissions Office to verify that all college related fees are paid or that you have arranged for payment. You should keep your ID for as long as you are at NCC. There is no charge for the first ID; however, any subsequent card will cost \$10.00 each. Fees are paid at the Admissions Office. (Exception: if an ID card breaks it will be exchanged for a new one). **Fees are paid at the Business Office**
- Please remember that a student must produce the NCC identification card when requested by a College Official.

GENERAL USE GUIDELINES

- A. All users **must** have their ID with them to gain access to the building. **NO CARD, NO ENTRY!**
- B. All users must sign in on the ledger provided. **PLEASE** print name and time legibly. The logs are an important document and must be completed properly. **DO NOT USE NICKNAMES OR INITIALS.** Staff is required to maintain the log sheets.
- C. Report all injuries to the Wellness Center Staff. We are required to complete an Accident Report and share the information with Student Services. Injured students, staff and faculty members **MUST** report the accident to Student Services within 24 hours. If there is any blood loss which may have been transferred to the floor or any equipment, it is critical that staff be notified so that area can be properly cleaned according to blood borne pathogens protocols.

GENERAL USE OF FACILITY PROTOCOLS

- A. Shirts, and shoes must be worn at all times (non marking soles in gymnasium). No bare feet or socks
- B. No spitting
- C. No foul language or inappropriate behavior
- D. No food or drink allowed in the gym. Bottled water **ONLY**
- E. Please act responsibly and dispose of trash in the appropriate containers
- F. Emergency exits are for **EMERGENCY EXIT ONLY.** All users must enter and leave through the main building entrances only
- G. No loitering
- H. The Wellness Center Gymnasium, Fitness Center and Multi Purpose Room are accessible only when staff is on duty. The schedule will be posted and revised as needed.
- I. **SAFETY RULES MUST BE OBSERVED AT ALL TIMES.**

2. EQUIPMENT - Please read the instructions on each machine.

- A. Identify targeted muscle group
- B. Proper set up of the machine
- C. Wipe down equipment after use
- D. Please report any machine that may need repair

3. FREE WEIGHTS

- A. Spotters required on applicable exercises
- B. Do not drop weights

- C. Use end clamps
- D. Wipe down equipment after use
- E. Remove weight plates from bars and/or return dumbbells/weights to rack after use

Remember: Pain/discomfort may be an indication of improper form or injury and you should consult with Medical Personnel

4. **CARDIOVASCULAR EQUIPMENT**

We encourage users to study user manuals prior to use. You may consult a staff member.

5. **GYM/TRACK/LOCKER ROOMS**

- Activities in the gymnasium include intercollegiate athletics, intramural activities, organized pickup games (basketball, volleyball, indoor soccer, dodge ball) and other special events.
- Walking/running on the track will have a specified direction each day. Walkers will be on the inside lane and runners/joggers will be on the outside lanes. Respect must be given to the individual in front of you. When possible all passing will be done with respect and to the right of the individual.
- Lockers are **ONLY** for use while utilizing the fitness center, gymnasium, multi-purpose room, or during an NCC sponsored athletic event
- Users are responsible to purchase their own locks. Locks left on overnight will be removed by NCC staff. NCC is not responsible for any lost or stolen items.
- Shower areas are available. Users should bring their own towels and personal hygiene items.
- Locker rooms may be closed prior to an intercollegiate athletic contest or other special event. If that occurs, users are asked to make sure everything is out of the locker rooms by a specific time, generally a minimum of two hours prior to the game/event time.
- Please turn showers off after use.
- Please note: staff is not allowed to hold money/valuables for users.

GENERAL RULES AND INFORMATION:

- Stereo systems provided by NCC are for staff use only. If other music is requested (iPods, phones, etc.) members may request that staff use their music. Lyrics containing inappropriate lyrics will not be tolerated.
- The gym and/or fitness areas and lobbies may be closed periodically due to other college functions. As much advance notice as possible will be given.
- Announcements are posted on bulletin boards, the message sign and on portable signs posted in the lobbies. Please look for them.
- **GUESTS ARE NOT ALLOWED TO USE THE FACILITIES!**
- Please report any damages or broken equipment or other safety issues or concerns to staff.
- Glass containers are **NOT** allowed.
- No hanging on rims, backboards, support systems, railings, doors, etc.
- ID required for checking out equipment indoors, basketballs, volleyballs

EMERGENCY PROCEDURES:

- Any blood on equipment, carpet, floor, sinks, etc., must be reported to staff **IMMEDIATELY**. All areas **MUST** be cleaned according to blood borne pathogens protocols by staff.
- In case of an emergency, i.e. suspected heart attack, broken bone, etc. **NOTIFY STAFF IMMEDIATELY** or **911**. Do not move the victim.
- In case of fire alarm – shut off equipment you are using (treadmill, bike, etc) – Immediately proceed outside, at least 50 feet from the building. **DO NOT GO TO LOCKER ROOM FIRST** – Exit the building.
- Decisions and directions provided by staff are to be followed
- Policies may be amended as needed
- All policies of the Nashua Community College Handbook and Faculty/Staff Handbook, and laws of the State of New Hampshire apply.
- Non – Compliance of rules will result in disciplinary action, specifically but not limited to suspension of access to the wellness center.