



DENVER FEDERAL WELLNESS CENTER

Denver Federal Center | Building 75
303 236 6911 | kiel.hovland@gsa.gov
c/o Colorado Federal Executive Board
PO Box 25567 | Lakewood CO 80225-0567

MEMBERSHIP AGREEMENT ASSUMPTION OF RISK WAIVER OF LIABILITY

OFFICE USE ONLY

Cash Check

Amount Paid \$ _____

of Months Paid _____

Agency _____

Date _____

Key Card # _____

Initials _____

MEMBER INFORMATION

**Denotes Required Field*

Please Print Legibly or Complete as Fillable .pdf on Computer

*MEMBER TYPE Federal Employee Retired Immediate Family Contractor

* MEMBER'S FULL NAME

FEDERAL EMPLOYEE'S NAME (for Family Membership)

* AGENCY (Dept. / Agency / Division, e.g., DOI/BLM/NOC)

* WORK PHONE

* MAILING ADDRESS

* HOME or CELL PHONE

* CITY / STATE / ZIP

* EMAIL

* EMERGENCY CONTACT

* PHONE

PHYSICIAN

PHONE

WELLNESS CENTER CODE OF CONDUCT

Failure to observe these rules will result in debarment from the Wellness Center

The Colorado Federal Executive Board (CFEB) Wellness Center believes that a person's exercise atmosphere is critical in developing wellness of spirit, mind and body. Therefore, we ask that all Wellness Center members please:

- 1) Consult your physician before starting an exercise program.
- 2) To ensure a comfortable workout for everyone, please be courteous and respectful.
- 3) Physically threatening behavior or abusive language will not be tolerated.
- 4) Family members under the age of 16 must be accompanied by an adult.
- 5) Young children are not allowed in the Wellness Center while you work out.
- 6) Wear appropriate athletic shoes and comfortable, modest clothing.
- 7) Train quietly.
- 8) Do not loiter on machines.
- 9) Do not drop weights on the floor.
- 10) Return all equipment when finished.
- 11) Do not monopolize several pieces of equipment while others are waiting.
- 12) Allow other members to work through when you are performing multiple sets on a particular piece of equipment.
- 13) Wipe down machines after each use with towels and disinfectant provided.
- 14) Sign up for cardio machines when all machines are in use.
- 15) Limit time on cardio machines to 20 minutes when other members are waiting.
- 16) No food. All beverages must have a lid.
- 17) Report broken or inoperative equipment to the Wellness Center Manager.
- 18) Misuse of our equipment will not be tolerated and your membership can be terminated if you abuse or operate the equipment in an unsafe manner.
- 19) Report Code of Conduct violations to the Wellness Center Manager.

WELLNESS CENTER POLICIES

All members must fill out an application and sign a waiver of liability before they will be allowed to use the fitness facility. Members must notify the Wellness Center manager of any changes to their agency information/status, contact info and emergency contact info.

The possession or use of tobacco products, alcohol, or any illegal drugs (steroids, inhibitors), etc. is prohibited.

Members are required to provide their own towels and locks.

MEMBERSHIP FEES	Advance payment of fees is required Fees are not refundable for any reason Fees may be adjusted at any time
Annual	October 1 – September 30 \$192.00 (save \$96 by paying annually)
Semi-Annual	October 1 – March 31 April 1 – September 30 \$114.00 (save \$30 by paying semi-annually) \$114.00
Monthly	\$24.00

HOURS OF OPERATION The Wellness Center is open seven (7) days a week from 4:00 am – 10:00 pm. Extended hours (before 8:00 am or after 5:00 pm) are for members who have access to the Denver Federal Center outside regular business hours. The Wellness Center is not responsible for anyone who cannot access the Denver Federal Center for any reason.

KEY CARD ACCESS ONLY Key card access provides security and lowers the cost of a membership by providing an unmanned access system.

AEROBICS STUDIO Scheduled classes take priority over all other activities in the aerobics studio. During non-class time members are welcome to use the studio on a first come, first serve basis. The exercise equipment, stereo and DVD player are available for use by members.

CLASSES Several classes are offered through the Wellness Center. Some of these classes are offered outside of the regular membership and have fees associated with them. Classes may be canceled at any time, as some classes are led by volunteers.

LOCKERS A limited number of small lockers are available for rent to members who pay for an annual membership. The cost is \$36 annually.

BICYCLES Bicycles in the shed are for daily use only. Sign out a bike each time you use it and return it to the shed when you are finished.

LOST & FOUND Items in the lost and found not claimed within six months will be donated to Goodwill.

PRIVACY POLICY The Wellness Center respects the privacy of its members. As a government entity, the information collected on our membership application is never shared with any person or organization.

WELLNESS CENTER MEMBERSHIP AGREEMENT & WAIVER OF LIABILITY

**Denotes Required Field*

In consideration for access to the Wellness Center, I, * _____

employed by * _____

make the following statements and representations, intending that the CFEB and the Wellness Center rely thereon, and I agree that:

- 1) I have read and will comply with the Wellness Center Code of Conduct and Policies in this agreement.
- 2) I agree to pay membership fees in advance according to Wellness Center policies.
- 3) I will always use the key card for access and not allow others to enter the building without their key cards.
- 4) I acknowledge my own responsibility for assessing the status of my own health and fitness to engage in an exercise program. To the best of my knowledge I am in good health and know of no ailment, impairment, or any other condition that would limit or restrict my using any equipment of the facilities of the Wellness Center. I understand that I should receive approval by my physician before engaging in any exercise program. I will report any signs or symptoms indicating any abnormality or distress to my physician and obtain his/her permission to continue or resume my physical activity program at the Wellness Center.
- 5) In consideration of my acceptance as a member, I, for myself, my heirs, executors and administrators waive and release any and all claims and rights for damages I may have or hereafter may accrue against the Wellness Center, the Colorado Federal Executive Board (CFEB), and their staff or contractors.
- 6) I assume all the of the risks inherent to any exercise program, and in the use of all equipment, implements, or machines involved in such fitness or exercise program, including but not limited to: injury, strain, sprains, heart attacks, stroke, arrhythmias (abnormal heart beats), blood pressure irregularities, which could lead to death, etc. whether self-inflicted or caused by the unintentional acts of others.
- 7) I acknowledge that the facilities and locker room are unmanned and not supervised. I personally assume the risk for any personal property I take into the Wellness Center and release the Wellness Center, CFEB, and its staff, contractors, and members from any liability resulting from the loss or theft of said property or valuables.
- 8) I assume the risks of any injuries that may result from the use of any equipment, machinery or facilities.
- 9) I understand that any disputes regarding my membership fees will be directed to the Wellness Center Manager.

***SIGNATURE**

***DATE**