

# WARHAWK FITNESS MEMBERSHIP CONTRACT

The Warhawk Fitness Program (WFP) has been established for students, faculty/staff, and community members. WFP is committed to providing education (initial and ongoing), programs and events that help members gain a thorough understanding of fitness concepts. WFP also provides the encouragement and motivation necessary to achieve lifestyle improvement goals effectively and safely, which can be used throughout your life. Our mission is to provide an affordable service; a clean facility and a comfortable non-intimidating environment while providing equipment that satisfies customer needs and is in good working condition. WFP will help you gain a better understanding of fitness concepts and develop a positive association with exercise.

I understand that not all risks can be foreseen and there are some risks which are unpredictable. I understand that there are certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I am aware of the risks of participation, which include, but are not limited to, the possibility of physical injury, fatigue, bruises, contusions, broken bones, concussion, paralysis, and even death. I understand that the university has advised me to seek the advice of my physician before participating in activities. I understand that I have been advised to have health and accident insurance in effect and that no such coverage is provided for me by the University or the State of Wisconsin. **I know, understand, and appreciate the risks that are inherent in the programs and activities listed in this contract. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.**

**The following rules and regulations have been established to help maintain this focus.**

1. All members use the facility at their own risk and accept full responsibility for their participation.
2. All members are encouraged to have a physical examination to determine present health before beginning an exercise program. All medical conditions are reviewed by the Office of Recreation Sports & Facilities and staff have the right to ask for medical documentation, physician's release or to refuse membership.
3. All members must be 18 years of age or older during the academic year. During summer session only, members must be 15 years of age or older. Those 15—17 years of age must have a legal guardian sign and date the membership contract at point of sale. Individuals falsifying age will find membership privileges revoked and/or suspended.
4. UW-Whitewater Varsity Athletes in season have priority use of strength equipment, platforms, and squat racks from 6—8 a.m. and 2—6 p.m. Priority use does not apply to cardio equipment on the cardio deck of the Williams Center Weight Room. Athletes do not have priority use times in the University Fitness Center. Equipment may be identified if priority use is to be utilized.
5. Members must present proper member ID cards to verify the validity of their membership. A photo ID must accompany the yellow or email receipt until membership is activated. Community members must provide the membership card they receive with purchase to enter the facilities. Athletes are required to bring their ID card outside of organized team practice times. Individuals determined to be using a membership card that is not their own, or providing their card for someone else's use may find their membership privileges revoked and/or suspended, and may be subject to discipline per UW-Whitewater and/or University Police policy.
6. While working out in the Williams Center Weight Room, the University Fitness Center, and the Group Fitness & Cycling Studios appropriate attire must be worn at all times. This includes a shirt that covers full torso, athletic attire, and closed toe/closed heel athletic shoes. Backless shirts below the shoulder blades are not permitted. Members may be asked to change if their clothing violates this policy.
7. Music and/or videos played on personal electronic devices must be played over personal headsets. Unauthorized videos or photography of any kind is strictly prohibited without consent of the subject(s) and WFP/Recreation Sports staff. Violators may be subject to immediate removal from the facilities and/or the revocation of membership privileges.
8. Any member who needs assistance with fitness equipment will be required to have an attendant accompany them, at their own expense, if assistance into and out of the fitness equipment is necessary.
9. Space is LIMITED in all group fitness and cycling classes due to space and equipment availability. For your own safety and consideration of other members, back-to-back participation is limited to two (2) one hour classes of which one must be Yoga, plus one 15 minute class in between. Group cycling classes have a day-of sign-up policy for each class of the week at the University Fitness Center.
10. Any/all damage to WFP equipment/property will be charged and paid for by the member who caused the damage. This includes broken windows, mirrors and/or drywall repair due to improper use or racking of equipment.
11. Personal training is available through the WFP for current members for an additional fee. Members or day users acting as personal trainers may find their membership privileges revoked and/or suspended, and may be subject to discipline per UW-Whitewater and/or University Police policy. Members utilizing personal trainers in the Weight Room or University Fitness Center that are not provided by the WFP for personal training may also find their membership privileges revoked and/or suspended, and may be subject to discipline per UW-Whitewater and/or University Police policy.
12. Members will be expelled by staff for conduct or violation of any rule or regulation of the Williams Center/DLK Fieldhouse/University Fitness, which, in the opinion of staff, is detrimental to the welfare, good order and character of the facility. Membership privileges may be revoked at any time as a result of multiple violations.
13. Lockers are available in the General Locker Rooms. Members are responsible to bring their own locks, and must adhere to any policies posted for the use and cleaning thereof. Members must monitor their personal property. Recreation Sports and WFP are not responsible for any theft or damage.
14. Food, alcoholic beverages, chewing tobacco and smoking are prohibited.
15. All membership or miscellaneous fees charged to your student bill are subject to all University Student Billing policies. You are responsible for reviewing your charges.
14. It is strongly recommended that patrons wear eye protection while playing racquetball. Please call (262) 472-1384 for Racquetball reservations.
15. Swim suits are required to use the aquatic facilities. Active Hawk Cards, silver or gold memberships, and monthly, weekly, or day passes allow access to the aquatic facilities during open recreation hours.
16. Unless previously authorized by the Office of Recreation Sports and Facilities, members entering facilities outside of open recreation hours may find their membership privileges revoked and/or suspended, and may be subject to discipline per UW-Whitewater and/or University Police policy.
17. Additional rules and regulations are posted within each facility, and at <http://www.uww.edu/recsports>. Rules and regulations are subject to change at any time.

**QUESTIONS?? Contact the Office of Recreation Sports & Facilities in Williams Center Room 100, (262) 472-1145.**



**FOLLOW REC SPORTS**

