WARHAWK FITNESS ATHLETIC 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), counseling, programs and events that help members gain a thorough understanding of fitness concepts. WFP also provides the encouragement and motivation necessary to achieve a lifestyle improvement goal effectively and safely, which can be accomplished in your life. We intend 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. Members must present proper ID cards to verify the validity of their membership. 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. If athletes purchase their membership in 100 Williams Center, they will receive a pink receipt. Athletes that complete their contract in an eligibility meeting may pick up their pink receipt from 100 Williams Center after their contract has been processed. To enter facilities outside team practice times, a photo ID must accompany the pink receipt until membership activation.

2. An athlete on a varsity roster who fails to purchase a fitness membership will be in violation of campus and NCAA policy, and will have their student account billed the appropriate semester price for each semester in violation. Athletes who do not purchase a package that includes the summer semester must purchase a summer membership separately from the Office of Recreation Sports and Facilities.

3. Athletes & NCF & have priority use of the strength equipment, platforms or squat racks outside of team practice times or when outside of season. There is no priority use of cardio equipment at any time. All members use the facility at their own risk and accept full responsibility for their participation.

4. 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 has the right to ask for medical documentation, physician's release or refuse membership.

5. While working out in the Williams Center Weight Room or the University Fitness Center, appropriate attire must be worn at all times. This includes a shirt with sleeves, athletic attire, and closed toe/closed heel athletic shoes. Members may be asked to change if their clothing violates this policy. Cutoff or backless shirts and tank tops are not allowed in either facility. Additional rules and regulations are posted in each facility and members are expected to abide by them respectively. **INCLUDING ALL STRENGTH AND CONDITIONING POLICIES SET BY ATHLETICS**

6. Music played at WFP will be on a pre-designated radio station determined by Weight Room/UF supervisors. No music brought into WFP by members can be played over the facilities stereo equipment. Music and/or videos played on personal electronic devices must be played over personal headsets. Personal electronics and headsets may be worn in designated facility areas only.

7. Food, alcoholic beverages, chewing tobacco and smoking are prohibited. The taking of 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. 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 minutes class in between. Group cycling classes have a day-of sign-up policy for each class of the week. For clarification and policies regarding proper Group Fitness and Cycling class attire, please go to http://www.uww.edu/recsports.

9. 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.

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. 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.

12. Lockers are available. 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.

13. 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

15. Swim suits are required to use the aquatic facilities.

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 on 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.