

# VILLAGE OF MOSCOW, OHIO

## COMMUNITY CENTER FITNESS FACILITY Revised 9/9/15

30 Wells St, Moscow, OH 513-553-6870 administrator or 513-553-4200 event coordinator

### MEMBERSHIP

- Membership Fee: \$10 per month if paid monthly, or \$108 per year with a full payment for 12 months
- One-time enrollment and card fee: \$15.00
- Replacement card fee: \$10.00

### RULES & REGULATION

1. Use of the Moscow Community Center Fitness Facility is for members only.
2. Members between 12 and 17 years of age must be accompanied by an adult. Children under the age of 13 are not permitted in the fitness room.
3. The Moscow Community Center Fitness Facility is open 24 hours per day. Members may access the fitness room with their issued keycard.
4. Keycard is for use by the member to which it is issued only. Sharing or lending a keycard to another person is prohibited.
5. All members must sign in and out upon arrival/ departure from the fitness room.
6. Absolutely no horseplay allowed.
7. Absolutely no alcohol or tobacco products are permitted in the fitness room.
8. No food, gum, or drinks are permitted in the fitness room, with the exception of plastic water/ beverage bottles with a lid or controlled spout.
9. Shirts and shoes must be worn at all times. Open toe shoes such as sandals or flip flops are not permitted. Attire should be appropriate for physical activity.
10. All equipment must be wiped clean by the member following use with the provided antibacterial/antimicrobial wipes.
11. Free weights:
  - a. All weights, dumbbells, bars, etc. must remain in the free weight area, and all weights must be broken down after use.
  - b. Collars are to be used at all times to secure weights on bars.
  - c. After utilizing equipment, all bars must be stripped and plates returned to proper storage agreed

- d. Dumbbells and weights may not be dropped. Misuse/abuse of equipment may result in loss of membership privileges.
12. Moscow is not responsible for the loss, theft of, or damage to personal property.
13. Membership privileges may be suspended or terminated at any time by the Village for a member's breach of these rules and regulations.
14. All fitness equipment is to remain in the fitness room at all times.
15. There is a \$10.00 replacement charge for lost keycards.
16. Any unsafe conditions or equipment should be reported to the Village Administrator or Village Event Coordinator.

I have read the rules and regulations and understand them. I agree to abide by these rules and regulations and I understand that my membership can be suspended or revoked for violating these rules.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_

Print name \_\_\_\_\_

RELEASE OF LIABILITY

I do hereby declare myself to be physically sound and suffering from no conditions, impairment, disease, infirmity, of other illness that would prevent my use of the Village of Moscow Community Center Fitness Facility ("Fitness Facility") equipment or machinery. I acknowledge that I have either had a physical examination and have been given my physician's permission to engage in physical activity and exercise, including the use of cardio equipment and weights, or that I have decided to use the equipment and machinery without the approval of my physician. In either case, I do hereby assume all responsibility for my activities and utilization of equipment and machinery in my activities.

I understand and am aware that strength, flexibility, and aerobic exercise, including the use of equipment, is a potentially hazardous activity. I also understand that fitness activities involve a risk of injury and even death and that I am voluntarily participating in these activities and using equipment with knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death. I understand that the Village of Moscow staff will not provide any instruction or guidelines for use of equipment or machinery or my exercise program and that I am familiar with and have experience using the equipment or machinery that I decide to utilize. I further acknowledge that the Fitness Facility is an unsupervised facility.

In consideration of being allowed to use the Fitness Facility, I do hereby waive, release and forever discharge and hold harmless the Village of Moscow, Ohio and its officers, agents, employees, representatives, executors, and all others from any and all responsibilities or liability for injuries or damages resulting in any activities at said facility. I do also hereby release all of those mentioned and any others acting upon their behalf from any responsibility or liability for any injury or damage to myself, including those caused by the negligent act or omission of any of those mentioned or others acting on their behalf or in any way arising out of or connected with my membership and/or use of the fitness equipment at the Fitness Facility.

**Signature** \_\_\_\_\_ **Date** \_\_\_\_\_  
Address: \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_