

HUMPHRIES FITNESS CENTER RULES AND REGULATIONS

POLICY STATEMENT:

The Humphries Fitness Center encourages all USC School of Medicine faculty, staff, and students and only WJB Dorn VA Medical Center employees to take an active role in maintaining and improving their own health through regular exercise.

Any USC School of Medicine and WJB Dorn VA Medical Center faculty, staff, student or official guest of the School of Medicine or VA Medical Center may use the Humphries Fitness Center. All VA employees and volunteers must meet the following criteria: 1) 18 years of age or older, and 2) Volunteers who work in excess of 25 hours per week. **This is a self-directed facility. Anyone choosing to participate must assume full responsibility for using the Center in a safe manner and must sign a statement that releases the University of South Carolina School of Medicine and the WJB Dorn VA Medical Center of any liability.**

The Humphries Fitness Center is offered as a privilege to employees, students, volunteers and official guests. Failure to abide by all rules may result in the revocation of one's privilege to participate. The USC School of Medicine and the WJB Dorn VA Medical Center will not be held liable for any injury or death as a result of participation in the Humphries Fitness Center.

Qualifications:

Before any employee, student or official guest can participate in the exercise facility he or she must:

- (A) Contact the Wellness Coordinator, **Tony Johnson, at 216-3319** or send an e-mail to Tony.Johnson@uscmed.sc.edu to set up an appointment to complete necessary paperwork and to have their information entered into the database. You must bring your USC or VA Identification card.
- (B) Sign the Hold Harmless Agreement releasing the USC School of Medicine and WJB Dorn VA Medical Center from any injury or death that may occur as a result of participation in the Humphries Fitness Center.

Access to the Humphries Fitness Center:

Once the employee, student, volunteer or official guest has registered, they may access the facility at any time of the day or night by using the Handkey Recognition security system located at each entry door to the Fitness Center. Each member's usage in the Fitness Center will be tracked & recorded at the time of entry through the secured access doors.

Patients, children and unauthorized visitors or guests will not be permitted to use the fitness facility.

Please do not open the fitness center doors for anyone.

Members using the facility will be responsible for the items they are using and report any damage or any missing equipment to the Wellness Coordinator.

Dress Code:

Members will be required to dress appropriately. Exercise shoes are mandatory when using the facility. No dress shoes, casual dress shoes or bare feet are allowed. Our goal is to create an environment where all our members feel comfortable exercising in the facility.

Locker Rooms:

Members using the locker rooms are responsible for providing their own soap, shampoo, etc. Lockers will not be assigned but members may use any available locker while they workout. Locks must be provided by the member.

Lockers must be emptied at the end of each workout. Any member that leaves a lock on the locker after their workout will have its lock and articles removed. These articles will be held for 5 business days and then discarded.

Please bring your own towels to wipe off the equipment and to use for showering.

Emergency Procedures/Security:

Security is located on the WJB Dorn VA Medical Center Campus. A phone is available in the Fitness Center that can be used to access security or to call 911 directly.

SOM/VA Security 420--8408
USC Police 777-4215

Food and Drinks:

You may bring a drink in the facility only if it is in a container with a tight fitting lid. **NO** gum or food is allowed in the facility.

Use of the Fitness Equipment:

- **Cardiovascular Equipment:**
During peak hours or while other members are waiting, limit your time on the cardiovascular equipment to 30 minutes.

Please be sure to wipe down each piece of equipment after use.

- **Weight Training Equipment:**
Do not bounce or drop the weights. This is damaging to the equipment.

Be sure to wipe down each piece of equipment after use.

When resting between sets do not sit or relax on the machine. There may be other members waiting to use the equipment.

- **Broadcast Vision and Stereo Equipment:**
Members who wish to connect to the Broadcast Vision will be responsible for providing their own Walkman-style FM radio.

A stereo is available while using the weight training equipment. **Please be courteous in maintaining an appropriate volume level.**

Violations:

Violations of these Rules and Regulations, as determined by the Wellness Committee, may result in a revocation of the member's privileges.

I have read and understand the Rules and Regulations of the Humphries Fitness Center.

Signature: _____ **Date:** _____
Wellness Coordinator's Signature: _____ **Date:** _____

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Patients, children and unauthorized visitors or guests will not be permitted to use the fitness facility. Please do not open the fitness center doors for anyone. If you break these rules and regulations, the following disciplinary actions will be taken:

1st Offense: 2-Month Suspension

2nd Offense: 1-Month Additional Suspension

Last Offense: Termination of Member's Privileges

Violations:

Violations of these Rules and Regulations, as determined by the Wellness Committee, may result in a revocation of the member's privileges.

I have read and understand the Rules and Regulations of the Humphries Fitness Center.

Signature: _____ **Date:** _____

Wellness Coordinator's Signature: _____ **Date:** _____

**Humphries Fitness Center
Waiver of Liability and Release**

PLEASE READ THE FOLLOWING CAREFULLY. IF YOU HAVE ANY QUESTIONS, HAVE THEM ANSWERED BEFORE SIGNING THE DOCUMENT.

I, in full recognition and appreciation of the danger and risks inherent in such activities, do hereby waive, release and forever and discharge the University of South Carolina, its officers, agents and employees, from and against any and all claims, demands, injuries, actions or causes of action, for costs, expenses or damages to personal property, or personal injury, or death, which may result from my participation in the Humphries Fitness Center.

I acknowledge that my participation in the above described activities is voluntary. I understand and acknowledge that the Humphries Fitness Center may be hazardous, that my participation is solely at my own risk, and that I assume full responsibility for any resulting injuries or damages. I further agree to indemnify and hold the University of South Carolina harmless from any loss, liability, damage or costs including court costs and attorney's fees incurred as a result of my participation in these activities. I also understand that this Waiver of Liability and Release binds my heirs, executors, personal representatives, attorneys-of-law, attorneys-in-fact, administrators and assigns, as well as myself.

I have read the Waiver of Liability and Release and fully understand it and agree to be legally bound by it.

Full Name (PLEASE PRINT): _____ **Last 4 digits of SSN#:** _____

Signature: _____ **Date:** _____

Department & Phone: _____

Email Address: _____

Wellness Coordinator's Signature: _____ **Date:** _____

DO NOT WRITE BELOW THIS LINE

Please check applicable status:

_____ School of Medicine Faculty

_____ School of Medicine Student

_____ Official guest until _____ **DATE)**

_____ School of Medicine Staff

_____ VA Hospital Employee

Participant's Access Identification Code: _____

Updated 7/14/10