

UP Fitness Center Check-in Policy

All University of Providence Faculty, Staff, Dependent 16 or older of Faculty/Staff, Spouse of Faculty/Staff, Alumni, & Student must show a current UP ID card to use the facility.

- Campus Security will be responsible for issuing UP ID Cards to current Staff, Faculty, Spouse of Faculty/Staff, Dependent 16 or older of Faculty/Staff, Alumni, or Student. The office hours for Campus Security are 7am-5pm Monday- Friday ID Cards will be issued during office hours or upon request. Please call 406-791-5911 or text 406-403-1566 if security is not in the office. They will print the photo ID Cards and put your appropriate title on the card. The Fitness Center staff will enforce the policy.
- The following waiver must be signed and on file: [UP Fitness Center Assumption of Risk Waiver.pdf](#) (Exception: A Student Athlete already must sign an Assumption of Risk in the ARGO Athletic Packet/It's on file in the Athletic Training Room.)
- UP Employees spouses are allowed in the Fitness Center. Spouses must show a current UP ID Card.
- UP Dependents under the age of 16 are not allowed in the Fitness Center.
- UP Dependents under 18 and at least 16 will be allowed only when accompanied by a parent. UP Dependents must show current UP ID Card.
- Alumni will be allowed access to the Fitness Center with a current UP ID Card.
- Guest of faculty, staff, or student will be able to purchase a Guest Pass through the office of the Athletic Coordinator for \$10 a day or \$20 punch card that allows up to 4 days of access for normal business hours. This card will be given to guest by the Fitness Center Staff and will only be allowed to be purchased twice (8 days of access). Guest must be 18 or if 16 must be accompanied by parent/guardian. Guest under 16 are not allowed in the Fitness Center. The following waiver must be signed and on file: [UP Fitness Center Assumption of Risk Waiver.docx](#)
- Signed athletes will be allowed to purchase a Signed Athlete Pass in the Fitness Center if the following policy is followed: [UP Fitness Center Policy Signed Athletes.pdf](#)
- A Summer Camp Pass can be purchased for \$20 dollars for anyone 16 or older through each sport camp coaching staff. This would allow access to the Fitness Center through normal operating hours. The following waiver: [UP Fitness Center Assumption of Risk Waiver.pdf](#) will have to be signed by a parent/guardian and on file. (A Copy of ID/Driver's license/USA Wrestling Card will be required to prove an athlete is 16 or older)
- Check-in for an Athletic Team Lift will be the responsibility of the Head/Assistant Coach. The coach will be allowed to have their athletes UP ID Cards on file for check-in. A team is considered a group of ten or more, and this group check-in will only be allowed in the hour time slot given to that team. ANY ATHLETE NOT LIFTING/CONDITIONING IN THEIR TEAM LIFTING/CONDITIONING TIME-SLOT WILL BE REQUIRED TO HAVE THEIR UP ID CARD TO BE ABLE TO USE THE FACILITY. INDIVIDUAL SKILLS PRACTICE WITH A COACH MUST BE SCHEDULED WITH UP FITNESS CENTER STAFF, IF NOT SCHEDULED THE ATHLETE MUST HAVE THEIR UP ID CARD IN ORDER TO USE THE FACILITY.
- A Physical Activity Readiness Questionnaire is recommended for everyone. Participating in physical activity is very safe for MOST people. This questionnaire will tell you to seek further advice from your doctor or a qualified exercise professional before becoming more physically active. Here is a Physical Activity Readiness Questionnaire: [UP Fitness Center PAR-Q.pdf](#)

UP Fitness Center

**Assumption of Risk, Waiver of Liability, Indemnification and
Release Agreement, & Consent to Medical Treatment**

By my signature below, I acknowledge that I am aware of, appreciate the character of, and voluntarily assume the risks involved in participating in all activities associated and available at the UP Fitness Center. Under Certain circumstances, adopting an exercise program has some inherent risks. A medical Examination is encouraged prior to starting an exercise program.

By my signature below, on my behalf of myself, my heirs, next of kin, successors in interest, assigns, personal representatives, and agents, I hereby voluntarily agree that:

1. The participant agrees that if at any time they believe something is unsafe, it will be brought to the attention of a University representative.
2. The participant voluntarily assumes full responsibility for the risk of physical discomfort, fatigue, muscular soreness, pulled or strained muscles, collision with other participants, falls, overuse injuries, heat stress, bodily injury, death or property damage, or any other injury due to actions of negligence of the University of Providence, agree to indemnify and hold harmless the University of Providence, Providence St. Joseph Health, its officers, employees, and agents for any claims, causes of action, or liability to any other person arising from my participation in the activity listed above. All of the risks and dangers associated with participating in the activities, entry to the premises, or use of equipment are assumed and notwithstanding.
3. Consent to receive any medical treatment deemed advisable in the event of injury, accident or illness during these activities
4. Acknowledge that a participant under 18 years of age signing below as a minor child, a signature is required by the parent or legal guardian of the minor child to participate.
5. Participant agrees to abide by all federal and state laws, as well as University of Providence UP Fitness Center policies, rules and regulations, and the participant is responsible for being familiar with the laws, policies, rules and regulations.

I HAVE READ THIS **ASSUMPTION OF RISK, WAIVER OF LIABILITY AND RELEASE AGREEMENT**. I CONSENT TO MEDICAL TREATMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT, ASSURANCE, OR GUARANTEE BEING MADE TO ME AND INTEND MY SIGNATURE TO BE A COMPLETE RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT OF THE LAW.

The UP Fitness Center reserve the right to refuse membership or terminate membership at its discretion in instances where the Fitness Center policy, rule and regulation is violated.

Participant Printed Name: _____ Date of Birth: _____

Signature: _____ Date: _____

Minors: Under 18 years of age

Parent or Legal Guardian Printed Name: _____ Relationship: _____

Parent or Legal Guardian Signature: _____ Date: _____

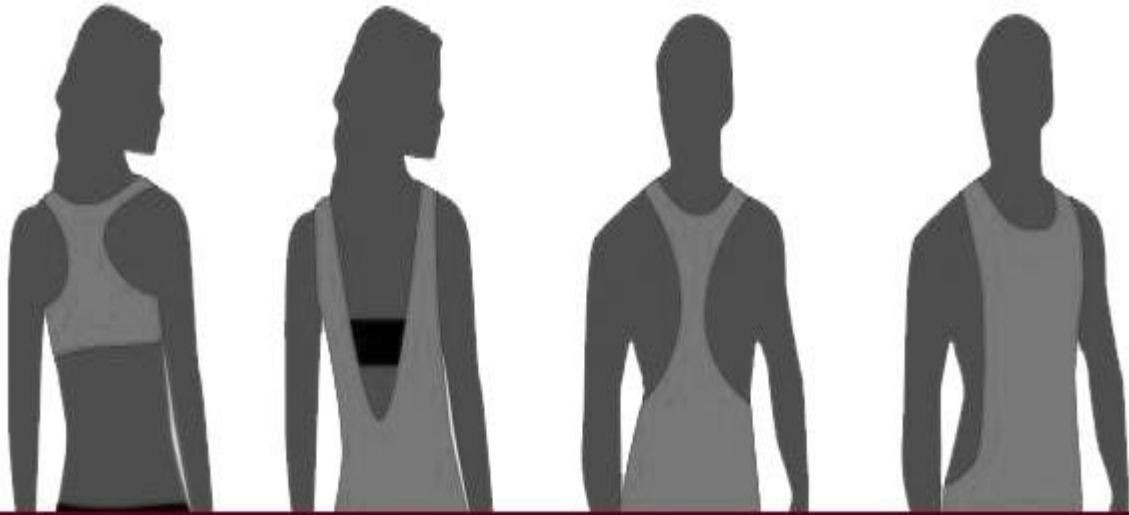
FITNESS CENTER RULES

1. A current UP ID Card will be required for Check-In.
2. Smoking or the use of chewing tobacco is prohibited.
3. No food, chewing gum, or drinks are permitted in the workout areas except water in closed re-sealable containers.
4. Athletic shoes and shirts must be worn at all times. Shirts that cover the entire chest, back, and torso must be worn in all areas of the fitness facility. Any clothing with vulgar images/language, jeans, open toed shoes, sandals, dress shoes and boots will not be allowed. Jewelry should not be worn in the Fitness Center.
5. All music played must be appropriate and approved by Fitness Facility Staff or a Coach with no exceptions. Personal music devices will not be allowed to be paired with the Fitness Center sound system.
6. If you have any questions regarding use of exercise machines, please ask for assistance from the Fitness Center Staff. Please report any equipment malfunctions to the Fitness Staff.
7. Safe and Proper use of equipment is required at all times. Collars must be used on all free bar lifts with plates. Ask for spotter's assistance when necessary, and offer to spot others when appropriate.
8. Please do not forcefully drop weights or dumbbells. Maintain control of the bar when doing a power lift.
9. Allow others to work-in on equipment when appropriate. Please do not monopolize equipment. Please do not exceed 30 minutes when someone is waiting. The current amount of equipment necessitates that Strength Staff give priority to scheduled groups (Athletic Team Lifting).
10. Always unload bars, rack plates and dumbbells in their designated area. The same goes for other equipment. Wipe down machines and equipment used. Please do not remove/take weights or equipment from the Fitness Center without asking permission.
11. Profanity, abusive language, spitting, fighting and/or harassment will not be tolerated at any time.
12. Participants displaying inappropriate behavior may be asked to leave the facility at once, and access privileges into the UP Fitness Center may be revoked or suspended.

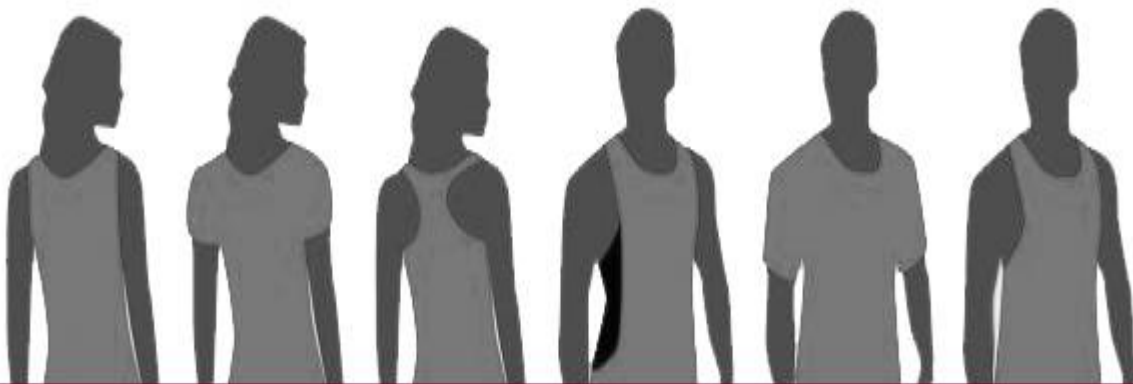
ANY BALLS EXCEPT (BASKETBALL/VOLLEYBALL) AREN'T ALLOWED FOR PARTICIPATION IN THE UP FITNESS CENTER. PARTICIPANTS MUST ASK PERMISSION & BE APPROVED BY FITNESS CENTER STAFF UNLESS SCHEDULED. DYNAMIC WARM-UP, TEAM LIFTING/CONDITIONING, & PARTICIPANT SAFETY WILL BE THE DETERMINING FACTOR.

PERSONAL TRAINING BY INDIVIDUALS OTHER THAN UP STRENGTH & CONDITIONING STAFF IS NOT PERMITTED.

CLOTHING FITNESS CENTER RULE



NOPE!



YEP!