



Detroit Mercy Name: \_\_\_\_\_

Detroit Mercy T-Number: \_\_\_\_\_

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## **DETROIT MERCY UNIVERSITY RECREATION LIABILITY WAIVER**

### Risk Statement

Use of the Fitness Center or participation in any University Recreation programming is strictly voluntary and at your own risk. While individuals are solely responsible for their own health, please be advised that strenuous exercise may be a physical hazard to individuals with existing medical conditions. That said, it is recommended that each Fitness Center user receive a physical exam prior to vigorous exercise. Any injury or cost resulting from injury at the Fitness Center is the user's responsibility. If injury to any Fitness Center patron or employee should occur, prompt notification of University Recreation staff is required. [Note: Defibrillator is on site for emergencies.]

### Regulations and Guidelines

Noncompliance of the following regulations will result in disciplinary action.

1. Authorized users include current Detroit Mercy students and employees.
2. Each user must read and sign this Liability Waiver.
3. Individuals must enter the Fitness Center through the main entrance via the south glass doors. Emergency exits are for emergency purposes only. Any individual who enters or exits through an emergency exit or prohibited door will be dismissed from the facility.
4. To prevent building access of unauthorized users, individuals may not hold doors open for other individuals. Entry into the building requires each Fitness Center patron to utilize his/her own ID card.
5. Any individual who knowingly allows students, staff, faculty, or any outside party access to his/her ID card for the purpose of entering the Fitness Center will be subject to disciplinary action by Public Safety. The individual's ID card will be confiscated. Obtaining a replacement card is that individual's responsibility.
6. Members of the Fitness Center are permitted one guest per visit. Guests must be at least 16 years of age.
7. All guests must sign in at the Front Desk with the Fitness Center Member to complete the Liability Waiver and provide a valid state issued photo ID which will be held at the front desk during the duration of the visit. Please note that the Fitness Center Member is responsible for the behavior and actions of the guest during their visit, and must remain with the guest while in the facility. If an issue occurs, Fitness Center Management has the right to ask the guest along with the host Fitness Center Member to leave the facility.
8. Proper attire is required in the Fitness Center. All individuals must wear shirt, pants/shorts, and shoes in the public areas of the facility. No open-toe shoes or sandals are permitted in the fitness areas. Soles of all shoes must be clean and scuff-resistant. Cleats, track spikes, or turf shoes are not to be worn in the facility.
9. Good sportsmanship is to be practiced at all times.
10. Profanity, crude behavior, yelling, or arguing with University Recreation staff, members, or users is not permitted. Theft of Fitness Center's or user's equipment is prohibited. Verbal or physical abuse is also prohibited. Any violation to this regulation will result in immediate dismissal from the Fitness Center.
11. Animals or pets of any kind are not permitted in the Fitness Center. Exceptions to this include guide dogs and medical response dogs for disabled persons who have authorized access.
12. Signs, posters, or banners are not to be removed or posted on walls, equipment, lockers, or furniture in the Fitness Center without written permission from the staff or managers. Authorized postings may be placed in designated spaces.



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13. Food and drink are allowed in the lobby and around Tommy's. Food is not permitted beyond the lobby or on the second floor of the facility.
14. All personal trash is to be cleaned up and properly discarded. Plastic bottles are to be deposited in recycling bins, and sanitizing wipes for equipment cleaning are to be properly discarded in trash receptacles.
15. Alcohol, weapons, illegal substances, and smoking or chewing tobacco are not permitted in the Fitness Center. Spitting is prohibited.
16. No picture phone use, video use, or camera use is allowed in the Fitness Center.
17. It is recommended that all individuals using the facility keep personal belongings and valuables with them at all times. Personal items are not to be left unattended, as belongings could disappear easily. The University is not responsible for any loss, theft or damage that occurs in the Fitness Center. Please return any unattended items to the Lost and Found at the front desk of the Fitness Center where all items will be stored for a maximum of 30 days before being discarded. Lost valuables, such as wallets, ID cards, purses, etc., will be given to the Lost and Found located in Public Safety.
18. Day Lockers: Located in the hallway outside of the women's locker room, lockers are for day use only and may not be reserved. To ensure the safety of belongings, Fitness Center patrons may use personal locks on lockers. **Note:** Please be advised that University Recreation staff will remove any locks left on lockers at the end of each day. Any belongings remaining in lockers will be taken to the Fitness Center Lost and Found and held for a 30-day period. Recovery of belongings left in lockers is not guaranteed.

### Equipment Care

#### **Activities**

- Activities in various Fitness Center areas are specified by the facility. For example, the court floor is designed for volleyball, badminton, and basketball; therefore, only those designated sports are allowable activities for the court.
- On the upper floor track, running, jogging, and walking are permitted. Please be courteous and cautious of the speed of other individuals on the track. Faster runners are to remain on the outside lanes.
- For the safety of others, no stretching is allowed on the track. Stretching is to be done in the designated areas on the second floor of the Fitness Center, away from others who are exercising.
- The Group Exercise Room is to be used only for scheduled group activities. The room will be locked outside of scheduled events/classes. Any person in the Group Exercise Room during an unscheduled time will be asked to vacate the room.
- Intramural Participation is free to Detroit Mercy students and employees. Guests may purchase an intramural participation pass for \$20 per sport. Each guest must have a Detroit Mercy sponsor in order to be eligible for competition.

Any activity not specified above must be approved by the Director or Assistant Director in advance.

#### **Facility**

- Disrespect to the building will not be tolerated. Hitting or banging on the glass in the front of the building or surrounding the court floor is not allowed, as it could be distracting to others, destructive to the facility, and could cause injury.



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- Defacing the day lockers or lockers located in the locker rooms is not permitted. Violators will be charged.
- Individuals are to clean up after themselves in the restrooms and avoid any damage to the space. Hand dryers are for the use of hands only and are to be used appropriately.
- For your safety, hanging on the exposed steel beams on both the first and second floors is not allowed. Hanging, sitting, leaning over or up against the railings surrounding the inside perimeter of the track is strictly prohibited.

### Equipment and Furniture

**All fitness equipment and furniture are to be used for their intended purpose and failure to do so will result in dismissal from the Fitness Center.**

- To maintain a sanitary environment, fitness equipment must be wiped down at the completion of use; sanitizing wipes are provided.
- Any reckless or intentional damage or destruction of the Fitness Center's equipment or furniture, beyond ordinary wear and tear, will result in liability for repairs or replacement, and dismissal from the Fitness Center.
- Writing on or defacing any of the basketballs, volleyballs, badminton birdies, or furniture will result in liability for replacing the damaged items. Hanging from the basketball rims or moving furniture from the lobby is strictly prohibited.
- All sports equipment is to remain on the first floor. Throwing any objects, including balls, onto the track or second floor from the court floor is prohibited. Additionally, throwing objects or equipment from the second floor onto the court floor is not allowed. Any violations will result in dismissal from the Fitness Center.
- The weights on the second floor are to remain in good condition for all users; therefore, chalk use is not permitted with free weights. To help prevent personal injury or damage to the weights, weights are not to be dropped, thrown, or banged together.

**FAILURE TO ADHERE TO ANY OF THE REGULATIONS ABOVE WILL RESULT IN DISMISSAL FROM THE FITNESS CENTER.**

I acknowledge that I have carefully read, understand, and agree to be bound by the above. Further, I voluntarily and without reservation agree, for myself and my heirs and personal representatives, to **ASSUME ALL RISK** for any personal injury, loss of life, or other loss and **RELEASE, HOLD HARMLESS and INDEMNIFY** Detroit Mercy and its trustees, officers, employees, and agents from and against any present or future liability, claims, demands, and causes of action arising out of or related to any personal injury, loss of life, or other loss sustained as a result of my use of the Fitness Center or my participation in any activity in the Fitness Center.

**By signing below, I agree to be bound by the terms and conditions of this Agreement.**

\_\_\_\_\_  
Guest Signature

\_\_\_\_\_  
Guest Name Printed

\_\_\_\_\_  
Date