

THE LITTLE GYM REGISTRATION FORM

Member Name _____	Allergies _____
Phone _____	_____
Email _____	Current Medications _____
Emergency Contact _____	_____
_____	_____
Medical Conditions _____	Family Doctor _____
_____	Doctor's Phone _____
_____	_____

Notes: _____

- Y N Initial _____ I understand that this facility is church members only.
- Y N Initial _____ I will not bring a guest who is not a member, if I do, I understand that I give up the right to use The Little Gym
- Y N Initial _____ Staff has demonstrated the proper use of all equipment
- Y N Initial _____ Staff has demonstrated the how to sanitize all equipment and I will be responsible for sanitizing all equipment as shown to keep all members safe.
- Y N Initial _____ I was issued a key that will unlock the back door and the doors to the Little Gym. I am responsible for that key, if I lose the key, I will need to purchase a new one at a cost of \$10.
- Y N Initial _____ Were you issued a key?

Before signing this document, I acknowledge I have read, understand and hereby agree to the terms and conditions of membership as defined on the back of this form.

SIGNATURE OF OFFICE STAFF AND DATE

SIGNATURE OF MEMBER AND DATE

THE LITTLE GYM WAIVER AND RELEASE OF LIABILITY

Health: The member confirms that he/she does not suffer from health problems that would hinder exercise or prevent him/her from engaging in exercise, or that would be detrimental or adverse to the Member's health, safety or physical condition if he/she did exercise. In case of any doubt, the member shall seek advice by a medical doctor who should confirm the ability to exercise. Gethsemane Lutheran Church shall have no obligation to perform a fitness assessment or similar testing to determine the Member's physical condition.

Insurance: The member confirms that he/she holds the necessary insurances to cover any accident or incident. Gethsemane Lutheran church shall not be subject to any claim, demand, or injury whatsoever with regard to the assessment of the member's health condition or for any injury arising out of the member's disability, impairment or ailment.

Liability: The Member of Gethsemane Lutheran Church who is using the equipment shall be liable for any property damage and or personal injury. It shall be the obligation of the member to pay for any costs involved upon presentation of a statement thereof.

Waiver of Liability: Any and all use The Little Gym shall be at the member's own risk at all times. The member shall not utilize the machines unless he/she knows the correct usage of the training device. The Little Gym shall not be liable for any injuries, physical impact or damages to the Member, or the property of the member, or be subject to any claim arising out of the use of the premises and or of the machines made available to the users.

Y N Initial _____ I understand and agree that I will not bring a guest who is not a member to use the facilities. Doing so will forfeit the use of The Little Gym. This jeopardizes' Gethsemane Lutheran Church's building insurance.

Membership Age Limits: The Member confirms that he/she is over the age of 17. Members between the ages of 14-16 must work out with a parent or legal guardian who has signed as the responsible party for the agreement. No one under the age of 14 shall use the Little Gym.

Use of The Little Gym: The facility shall be used for exercise purposes only. No other activity will be allowed, and violations will be taken. For example, sleeping and lingering are not allowed. Consumption of alcohol, tobacco or illegal substances is not allowed. Working out under the influence is not allowed.

Code of Conduct: The Member shall respect the behavioral and operating principles and follow them on all occasions. This includes, but is not limited

to (they will be posted also):

- Wearing appropriate and clean workout clothes and shoes- no street shoes allowed
- Using a towel at every workout and leaving machines and surfaces clean and sanitized after use.
- Behaving in a friendly and respectful manner towards the other members in the gym as well as the staff.
- Presence in the fitness area is for those using the equipment. People who are not making use of the gym are not allowed in the area.
- The maximum number of people who can be in the gym is 2 (during the pandemic).
- Persons using the equipment in The Little Gym are responsible for their own safety. They are advised to seek advice and assistance from your family doctor before starting an exercise program.
- Smoking, eating and drinking (except water) is prohibited in The Little Gym at all times.
- For the safety of all users, please refrain from preventing or interfering others' use of the equipment in The Little Gym.
- Please mute mobile phones and pagers while at The Little Gym.
- Please do not speak loudly inside The Little Gym.
- Gethsemane Lutheran Church takes no responsibility for the loss, theft or damage of belongings brought into The Little Gym by users.
- Gethsemane Lutheran Church reserves the right to amend these rules and regulations without prior notice.
- Users are responsible for their own property and safety.

I have read and understand the rules and regulations along with the code of conduct and agree.

Y N Initial _____

I agree to return key when no longer using the facilities. I will not duplicate the key for another member to use with the consent of the office.

Y N Initial _____