

Fitness Center General Rules/Waiver Release Form

The Brunswick Recreation Center is a valuable community facility that offers ample opportunities to engage in health, wellness, and fitness-based activities. As a member of the Brunswick Recreation Center (BRC), you have use of the facility during open hours of operation to engage in unsupervised activity using various exercise equipment. Everyone is asked to demonstrate appropriate precautions when using the equipment to avoid injury to oneself or to another. We ask that all participants using the center follow the guidelines and procedures below for the safety of participants, to maintain the equipment, and to assure cleanliness of the facility.

A. General Rules for Fitness Area & Track Use

Participants are asked to adhere to the following guidelines:

- Participants must be over the age of 14 and accompanied by an adult until the age of 16. Participants under the age of 18 must have signed waiver from parent/guardian on file to use fitness equipment.
- Participants must report all injuries to BRC staff. If immediate medical attention is needed, dial 911 before reporting to staff.
- Show respect for the equipment, facility, and towards others using the center.
- Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted.
- No horseplay or loud offensive language will be tolerated.
- Please report any damaged or broken equipment to BRC staff immediately.
- Use a spotter when lifting heavy weights and please do not drop or throw the weights.
- Keep hands and loose clothes away from weight stacks, cables, and pulleys.
- To assure that all participants are able to use the machines, please limit use of cardio machines to 30 minutes when others are waiting.
- Proper attire is required at all times: Shirts and athletic shoes must be worn. No sandals, open-toe shoes, or bare feet.
- Water bottles and appropriate drinks in non-glass bottles are allowed. All other drinks, food, and glass containers are not allowed.
- The use of photographic equipment to take pictures or videos of any person in the fitness center is prohibited without consent.
- Please respect other guests by using headphones when listening to music. No broadcasting music or use of speakerphone allowed. (This restriction does not apply to programs run by the Parks and Recreation Department.)
- Please wipe off equipment after use with the appropriate cleaning supplies provided. Please pick up trash, towels, and personal belongings before leaving. Try to leave the center in better condition than when you arrived.
- Track use is limited to walking and running only. Not allowed uses include; rollerblading, roller skating, bicycling, skateboarding, and strollers.
- Please use non-marking shoes when using the courts and track.
- Consult your physician prior to undertaking exercise in the center.
- By signing this form, you indicate your understanding that access to the fitness center is a privilege that will be withdrawn if you do not adhere to these guidelines.



B. Waiver and Release (Must be completed and on file prior to using the fitness center)

On behalf of myself or my minor child as named below, I indicate my awareness that participation in activities and exercise offered at the Brunswick Parks and Recreation Fitness Center may involve risk of injury, and I accept responsibility for the risk. I agree to all of the rules set forth above and understand that my privilege to use the facility may be revoked for serious or repeated noncompliance with the rules.

I understand that the Town of Brunswick, its agents, officers, and employees, accept no responsibility for and will not be liable for any injury, harm, or damage to any person occurring during or arising out of use of the facility. To the fullest extent permitted by law, I do hereby agree to assume all risk of injury, harm or damage to my or my minor child's person or property occurring during or arising out of use of the facility, and to release the Town of Brunswick and its agents, officers or employees from liability for the same. I further give permission for emergency medical treatment and/or transportation to a medical facility for myself or my minor child, regardless of whether I/they are able to give permission at the time.

I ACKNOWLEDGE THAT I HAVE THOROUGHLY READ THIS CONSENT AND RELEASE AND FULLY UNDERSTAND THAT IT IS A RELEASE OF LIABILITY. BY SIGNING THIS DOCUMENT, I AM WAIVING ANY RIGHT I OR MY SUCCESSORS MIGHT HAVE TO BRING A LEGAL ACTION OR ASSERT A CLAIM AGAINST THE TOWN OF BRUNSWICK FOR ANY INJURY SUSTAINED.

Printed Participant's Name (First and Last)

Signature of Participant Date

Required for Minor Access

Printed Minor Name (First and Last)

Signature of Parent/Guardian Date