



Informed Consent for Participation in an Exercise Program (For Apparently Healthy Adults)

I hereby consent to voluntarily engage in a program of exercise conditioning at the Baker College of Flint Fitness Center. I understand that the purpose of exercise is to develop and maintain cardiovascular fitness, body composition, muscular strength and endurance.

I understand and have been informed that there exists the remote possibility during exercise of adverse changes, including abnormal blood pressure, fainting, disorders of heart rhythm, and very rare instances of heart attack or even death. I have been told that every effort will be made to minimize this risk by Fitness Center staff supervision during exercise and by my own careful monitoring of my exercise effort. I know that this remote risk of injury exists but I desire to participate as herein indicated. I agree that the Baker College of Flint Fitness Center, its employees and representative will not be responsible for any injuries or diseases I may suffer while using this facility, and I use this facility solely at my own risk.

I have been informed that the information obtained by the Baker College of Flint Fitness Center will be treated as privileged and confidential and will, subsequently, not be released or revealed to any person without my expressed written consent. Only the Baker College of Flint Fitness Center staff, in the course of recommending exercise and evaluating my progress, will use any of my personal information.

Participant's Name (printed)

Date

Participants Signature

Witness Signature

Date

BAKER COLLEGE OF FLINT FITNESS CENTER

RULES/GUIDELINES

- Participation in the Baker College of Flint Fitness Center is strictly dependent upon completion of membership requirements. Anyone who does not complete these requirements will not be able to use the Baker College of Flint Fitness Center.
- Baker students must be currently registered for at least 1 class to use the Fitness Center.
- Baker College of Flint Student/Staff I.D. is required at all times in the Fitness Center.
- Proper workout attire is required in the Baker College of Flint Fitness Center. The following are prohibited: dress shoes, work boots, sports bras without a shirt over the top, cut-off “muscle” shirts that do not cover the chest fully, and jeans.
- Lewd behavior or language is prohibited.
- Physical aggression toward another participant will not be tolerated.
- Sexual harassment will not be tolerated. Please follow the guidelines already established in the Baker College handbook.
- Members are expected to use the fitness equipment properly, in a safe manner, and should ask a fitness staff person for assistance if needed. Do not drop weights or slam weight machine plates.
- Food, pop, sports drinks, or gum is not allowed in the Baker College of Flint Fitness Center. Only closed container bottles containing water are allowed.
- Friends & family, who are not Baker College employees or students, are not allowed in the Baker College of Flint Fitness Center.
- No loitering. Unless you are working out or involved in a game or part of a class, you may not “hang out” in the Fitness Center.
- Participants are responsible for their own possessions. Baker College of Flint assumes no responsibility for lost, stolen, or damaged articles.
- No slam dunking the basketball or hanging on the rims will be allowed.
- Equipment malfunctions or injuries should be immediately reported to the Baker College of Flint Fitness Center staff.

Signature

Date

DISCIPLINARY ACTION

Depending on the severity of the incident at hand, the Baker College of Flint Fitness Staff will take 1 or more of the following disciplinary steps: 1) verbal warning, 2) write-up, 3) call Campus Safety to intervene, and 4) membership privileges revoked.