



## **RANDOLPH COMMUNITY COLLEGE WELLNESS CENTER RULES AND WAIVER/RELEASE OF LIABILITY**

### **WELLNESS CENTER RULES**

1. Employees have access to the Wellness Center for wellness activities solely on a voluntary basis on their own time. They should seek medical approval before starting any new exercise program.
2. Employees are allowed unscheduled individual access to the Wellness Center except when a class is in session. Before receiving a door entry security code, the employee must read, sign, and submit the General Wellness Rules and Waiver/Release of Liability form to the Instructor of Physical Education.
3. Access to the Wellness Center exercise equipment is on a first come, first serve basis. The amount of equipment is limited and the employee is asked to limit their use on the fitness equipment to 30 minutes when others are waiting to use the equipment.
4. Employees are responsible for leaving the Wellness Center clean and to act responsibly regarding the safe use and maintenance of the fitness equipment. Any maintenance issues should be reported on the clipboard available in the Wellness Center.
5. For those who require training on the equipment, an orientation will be provided upon request. Email Richard Oelfke at [rcoelfke@randolph.edu](mailto:rcoelfke@randolph.edu) to request an orientation.
6. No equipment is to be removed from the premises.
7. For safety and security reasons, employees are encouraged not to use the Wellness Center alone. This is especially important in the early morning hours, evening, or weekends.
8. In case of an emergency, employees are encouraged to take their cell phone with them to the Wellness Center and should be aware of the location of the first aid kit and AED.
9. Failure to comply with the Wellness Center Rules can result in the termination of an employee's access to the facility.

### **WAIVER/RELEASE OF LIABILITY**

It is my understanding that participating in programs, recreational and other activities provided by Randolph Community College, is a privilege. Furthermore, I understand that I am on my own time when using the Wellness Center and its equipment, and I am not covered by Workers' Compensation Insurance during that time. Prior to my participation in such activities, I recognize there are certain risks associated with the activities, including, but not limited to, physical injury due to activity-related accidents, illness, or even death. In addition, I recognize and acknowledge that there may be other risks inherent in these activities of which I may not be presently aware and hereby do voluntarily assume any such risks.

By signing the Wellness Center Rules and Waiver/Release of Liability form, I expressly warrant that I as a participant am capable of withstanding both the physical and mental demands of the activities. I also expressly assume all risks of my participation in the activities, whether such risks are known or unknown to me at this time. I further release Randolph Community College from any claim that I may have against them as a result of injury or illness incurred during the course of my participating in the activities. This release of liability shall include, without limitation, any claims of negligence or breach of warranty. This release of liability is also intended to cover all claims that members of my family or estate, heirs, representatives, or assigns may have against Randolph Community College, from any and all claims arising from my participation in any of the aforementioned activities and programs, or as a result of injury or illness of myself during such transportation and activities.

\_\_\_\_\_  
Employee Name (Please print)

\_\_\_\_\_  
Employee Name (Please sign)

\_\_\_\_\_  
Title

\_\_\_\_\_  
Date