

CT State Capital Fitness Center

Liability Waiver Form

Participant's name: _____
(Please Print)

Banner ID Number:

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In consideration of being permitted to participate in activities at the Capital Community College Fitness Center ("Fitness Center") I, for myself, my heirs, personal representatives or assigns, do hereby release, waive, discharge, and covenant not to sue Capital Community College, CT State Community College, Connecticut State Colleges and Universities, the Board of Regents for Higher Education (hereafter called "the College"), their regents, officers, employees, and agents and to indemnify them from liability for any and all claims resulting from personal injury, accidents or illnesses (including death), and property damage or destruction arising from, but not limited to, participation in Fitness Center activities at Capital Community College.

I understand that exercise and use of the equipment in the College Fitness Center can be physically stressful and in certain instances can even be harmful and result in injury or death. I understand that I should consult with my personal physician before I begin and while I continue any exercise program. I understand that participation in Fitness Center activities carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another, but the risks range from 1) minor injuries such as scratches, bruises, and sprains, 2) major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks and concussions, to 3) catastrophic injuries including paralysis and death.

I have read the previous paragraphs and I know, understand, and appreciate these and other risks that are inherent in the use of the Fitness Center equipment. I hereby assert that my participation is voluntary and that I knowingly assume all such risks.

I also agree to indemnify and hold the College harmless from any and all claims, actions, suits, procedures, costs, expenses, damages, and liabilities, including attorney's fees, brought as a result of my involvement in Fitness Center activities and to reimburse them for any such expenses incurred.

I further expressly agree that the foregoing waiver and assumption of risk agreement is intended to be as broad and inclusive as is permitted by the law of the State of Connecticut and that if any portion thereof is held invalid, it is agreed that the balance shall continue in full legal force and effect.

I certify that I am at least eighteen (18) years of age, medically sound, and physically able to participate in Fitness Center activities.

Finally, I have read this waiver of liability, assumption of risk, and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend it by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature of Participant

Date

CT State Capital Fitness Center

Fitness Center Rules and Regulations Agreement

Participant's name: _____
(Please Print)

Banner ID Number:

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- The CCC Fitness Center is open to all enrolled CCC students, faculty, and staff. **(Staff/Student ID/CCC Fitness Center wristband is required) (MUST BE 18 YEARS OLD/OLDER).**
- Only **8** people at a time are allowed in the CCC Fitness Center. No social gatherings.
- **Honor System:** Individuals have a **45-minute** limit each visit. If others are waiting, there is a **20-minute** limit per station. Please use your devices to track your time. *(Subject to change based on demand).*
- Tobacco, smoking, vaping, drugs or illegal substances of any kind are not permitted in the facility or on the grounds.
- No food or beverages are allowed in the CCC Fitness Center. Bottled water/sports drinks are permissible (plastic containers only).
- You are expected to observe weight room etiquette and demonstrate courtesy towards others at all times.
- Personal headsets or earbuds are welcome as long as the volume is not disruptive to others. No personal boom boxes, blue tooth speakers, or stereos are allowed.
- Appropriate ATTIRE must be worn at all times. **No tank tops. Sneakers or athletic shoes only.**
- Please make sure to sanitize the equipment after each use and before you move to another workout station.
- No equipment is to be taken out of the CCC Fitness Center.
- Free weight bars must be returned to their proper place/racks after use.
- Please perform exercises with weight that you can safely lift or pull.
- All equipment malfunctions and concerns need to be reported to staff immediately.
- The CCC Fitness Center is not responsible for personal property that is lost, stolen, or damaged.
- **These rules and regulations are designed to make the CCC Fitness Center a safe and enjoyable place for all. Violations of these rules and regulations will result in ONE WARNING which will be filed. The second warning will result in the termination of your CCC Fitness Center privileges for the remainder of the semester by the Director of Student Activities.**

Signature of Participant

Date

CT State Capital Fitness Center

Check List

- 1. Please make sure that you've read the documents provided thoroughly and that your signature and Banner ID have been signed.**
- 2. Please print and return your documents to the Food Pantry attendant (Rm. 706) with legible penmanship during hours of operation.**