

CNM Fitness Center
General Rules and Waiver

General Rules:

1. Must be current CNM student and/or staff member to use the facility.
2. Student and staff must sign in and show CNM ID at the Veterans Resource Center before using the center.
3. Equipment must be used appropriately, please consult instruction manuals for instructions on how to adjust machines, coddle pins, and weight stacks with care and in proper position. Keep hands, feet, hair and loose clothing clear of all moving parts.
4. Please notify the Dean of Students office in SSC 202 if equipment malfunctions or is broken.
5. Any person with a history of cardiovascular (heart, blood pressure and stroke) conditions, spinal or joint problems should NOT use the fitness center equipment without permission from their physician.
6. If illness or injury occurs while in the center, please contact the Dean of Students Office or CNM security at 224-3001 immediately for basic medical intervention.
7. Respect the bathroom facilities. All students and staff must furnish their own soap, shampoo, towel etc. when leaving the restroom: clean up after yourself, turn off lights and fans, and shut the door behind yourself. Please be considerate of others and try to limit time in bathroom to 20 minutes.

The policies of the CNM Fitness Center have been developed to keep the facility and equipment in good condition and to assure your safety while using the facilities. If you have any questions or need assistance, please go to the Dean of Students Office (SSC 202)

Use of the CNM Fitness Center is privilege. Failure to comply with policies and directions of the staff governing participation, equipment, and/or conduct may result in suspension from the CNM Fitness Center.

Waiver:

PLEASE READ THE FOLLOWING CAREFULLY. If you have any questions, please contact the Dean of Students before signing the document. This release must be signed before participation in the CNM Fitness Center is allowed.

I acknowledge that my participation in physical activity is voluntary. I understand and acknowledge that my mere presence and use of equipment in the CNM Fitness Center may be hazardous, that my presence and participation are solely at my own risk, and that I assume full responsibility for any resulting injuries, damages or death.

In consideration of being provided access and opportunity to use the center, and in full recognition and appreciation of the danger and risks inherent in such physical activity, I do hereby waive, and release and forever discharge Central New Mexico Community College, its administrators, directors, agents employees and representatives, from and against any and all claims, demands, injuries, actions or causes of action, for costs, expenses or damages to personal property, or personal injury or death, which may result from my presence at or participation in any activities at the center.

I have read the General Rules and Waiver and fully understand it and agree to be legally bound by it.

Signature: _____ Date: _____

Full Name (PLEASE PRINT): _____ CNM ID Number: _____