



APPLICATION FOR MEMBERSHIP

Office Use:

Join Date _____
 Payment Type _____
 Amount Paid _____

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

Cell Phone _____ Work Phone _____ Birthday _____

Male Female Marital Status _____ Birthday _____

Email address _____ Employer _____

EMERGENCY CONTACT: *(All Members must have on file)*

Name: _____ Relationship: _____

Emergency Number: _____

GYM MEMBERSHIP TYPE:

Student: Campus _____ H Number _____

Employee: Campus _____ H Number _____

Staff/Faculty Dependent(s) - Employee Name: _____

Community

Alumni

Guest

**NOTE: The Holmes Fitness Center in Ridgeland does not offer family memberships outside of college faculty & staff.*

STAFF & FACULTY FAMILY MEMBERS:

FAMILY MEMBER 1	NAME (first & last):	SEX:	BIRTHDAY:	RELATIONSHIP TO MEMBER:	PHONE:
	EMPLOYER/SCHOOL:	EMAIL:			

FAMILY MEMBER 2	NAME (first & last):	SEX:	BIRTHDAY:	RELATIONSHIP TO MEMBER:	PHONE:
	EMPLOYER/SCHOOL:	EMAIL:			

FAMILY MEMBER 3	NAME (first & last):	SEX:	BIRTHDAY:	RELATIONSHIP TO MEMBER:	PHONE:
	EMPLOYER/SCHOOL:	EMAIL:			

FAMILY MEMBER 4	NAME (first & last):	SEX:	BIRTHDAY:	RELATIONSHIP TO MEMBER:	PHONE:
	EMPLOYER/SCHOOL:	EMAIL:			



POLICIES & PROCEDURES

1. Members are required to present a valid Holmes CC Student, Faculty, or Staff Badge to enter the facility.
2. Users of the facility are expected to respect facility policies, procedures and the rights of other individuals. Disorderly conduct, including verbal or physical abuse to another individual will not be tolerated and may result in the loss of facility privileges.
3. Tobacco products, electronic cigarette etc., and alcoholic beverages are not permitted on school property. The use of tobacco products are confined to personal vehicle.
4. Food and colored drinks are prohibited in the workout area. Only non-breakable, clear water bottles with a lid or control spout are allowed in these areas.
5. Only appropriate athletic attire may be worn in the gym.
 - a. Shirts must be worn in the weight room at all times.
 - b. No jeans, scrubs, clothing with protrusions and/or fraying may be worn during the workout.
 - c. Closed toe/foot athletic shoes are required except in the pool area.
6. Photographs without Holmes CC permission are prohibited. This includes all technology with built in cameras.
7. Excessively loud or suggestive language, grunting, or profanity is NOT allowed.
8. Holmes CC is not responsible for lost or stolen items. It is strongly suggested that you keep your belongings with you at all times or stored in a locker (based on availability) with a lock during workout times. Anything left in the lockers overnight will be turned in to campus police.
9. All lost I.D. badges will be turned into campus police.
10. Patrons should use caution during weight lifting to avoid potential injury to themselves and others.
11. DO NOT slam or intentionally drop weights. If found dropping weights, you will be asked to leave.
12. Weights must be returned to proper storage after each use.
13. Weights are only allowed on the gym floor and in the aerobic classes.
14. Trampolines will only be used for aerobic classes.
15. Patrons must comply with all instructions given by gym floor instructors, staff, and management.
16. Only Holmes CC approved Personal Trainers are permitted to train in the facility.
17. Children under 17 are not allowed on the gym floor or in aerobic classes.
18. Nudity is not permitted in the facility.
19. There is no loitering allowed on the premises.
20. Participation is at your own risk.

RELEASE OF LIABILITY

THIS RELEASE LIMITS YOUR RIGHT TO RECOVERY OF DAMAGES IN CASE OF ACCIDENT OR INJURY. PLEASE READ BEFORE SIGNING! As an additional consideration for the use of Holmes Community College Fitness Center, I acknowledge that there are certain risks of bodily injury or death which can result from the use of machine equipment, whirlpools, saunas, steam rooms, swimming pools and other facilities and from participation in activities associated with Holmes Community College Fitness Center. As a result of this, I promise that I will inspect all machines, equipment, and other areas and items at Holmes Community College Fitness Center to determine that they are properly designed, maintained and functioning properly and I further agree that I will not use any machines, equipment or any other areas or items until I have completed this inspection which satisfies me that these machines, equipment or any other areas items are safe for my use and that I can physically participate in their use. I agree to obey all rules and regulations established by Holmes Community College Fitness Center at all times. I further agree that I voluntarily assume all risks arising from the conditions related to the use of Holmes Community College Fitness Center in any manner, for myself, my children, and minors under my control and supervision. I do further agree to hold harmless and indemnify the owner, operators, and employees of Holmes Community College Fitness Center from any loss, costs, and expenses.

Signature: _____

Date: _____

PAR-Q AND YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____
or GUARDIAN (for participants under the age of majority)

WITNESS _____

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



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