



Fitness Center Employee Benefit Agreement

By reading and signing this agreement I do hereby acknowledge that this a free benefit provided to me by Arizona Western College and cannot be transferred to any member of my family. I assume all risk of participation and hold harmless and release from liability Arizona Western College, its board and employees. Use of the fitness facilities will be on my own time and I understand it is a privilege.

Below are basic requirements for the fitness center and pool area.

If you would like a work out towel, Fitness Center staff will provide one for you.

- Employee ID is required to sign into the Fitness Center. You will not be allowed to work out without an ID.
- Athletic attire is required (t-shirt, pants, athletic closed toe shoes)
- No bare mid-drift. Tank tops are allowed, but cami, tops or tops with spaghetti straps are not.
- No ripped or torn clothes No denim, belts, or pants with exposed zippers.
- Rubber or plastic “sweat” suits are not allowed
- Absolutely no other liquid is allowed. Water bottles are allowed, and we encourage you to bring one.
- No gum or Food is not allowed in the Fitness Center.
- Cell phones can be used for music and workout apps, but **no** social media apps such as Snapchat, Facebook or Twitter. Phone calls and texting is also not allowed.
- Dropping, slamming or throwing weights is not allowed. Weights must be re-racked- No exceptions!
- Pool is open during daylight hours and while fitness center is open. You must sign in at the fitness center before use.
- The pool will be closed when it is used for classes
- **Appropriate swimwear is required.** (No thongs, cut-offs, revealing suits or underwear only permitted.)
- No tanning oils
- No diving, running, pushing, or horse play in pool area.
- Please do not use the pool if you have open wounds, skin or other bodily infections, skin diseases, inflamed eyes, discharge from nose or ears, diarrhea, any communicable diseases or contagious conditions.
- Food and glass containers are **forbidden** in pool area.

Print name _____ Date _____

Signature _____

*Please email Jane Peabody at jane.peabody@azwestern.edu or call 344-7540 for any questions