

The Texas A&M University System
System Offices

Wellness Center Guidelines

Suggestions and comments should be directed to Kevin McGinnis at 458-6249.

1. The Wellness Center located within the A&M System Building is available for use by all System Offices employees. Family members are not allowed in the Center.
2. The Wellness Center is open 24 hours a day, seven days a week. Access to the building before and after normal working hours will be limited to departmental key control arrangements.
3. Employees may use the Wellness Center at their own risk. **A Waiver and Release Form must be signed by each System Offices employee before using the Center.** Forms are available from Human Resources (458-6161). Completed forms must be returned to the Human Resources.
4. To help determine usage of the Center, users are required to sign in upon arrival and sign out upon departure. This will determine usage of the Center and is critical to its continued operation.
5. Appropriate exercise attire, including footwear and a shirt, must be worn in the exercise area at all times.
6. No food or drink (except water) will be allowed in the area.
7. Users are responsible for bringing/removing their own towels and toiletries. General clean up of your shower area is required.
8. A certain number of lockers are available for reservation on an as available basis through the Wellness Center Committee. If users do not have a reserved locker, the lockers are only for use during the workout.
9. Users are responsible for turning off and/or returning equipment to its proper place after use.
10. The Wellness Center is not responsible for lost or stolen items.
11. It is strongly recommended that users older than 30 consult a physician before beginning an exercise program.

Wellness Center Waiver & Release of Claims

With few exceptions, you have the right to request, receive, review and correct information about yourself collected using this form.

In consideration of the personal benefits to me of utilizing the Wellness Center located within A&M System Building, I am executing this waiver and release of claims which I, my heirs, executors, administrators and assigns may have in the future arising directly or indirectly from the activities in which I engage while using the Center and any equipment or related facility located therein. I hereby release and waive on behalf of myself and my heirs, executors, administrators and assigns any such claim for personal injuries or death, or property loss or damage, which I or my estate may incur against The Texas A&M University System and its members, their officers, agencies, and employees; (herein referred to as Releasees) **including injuries sustained as a result of the negligence of Releasees**. I acknowledge that my use of the Wellness Center and participation in any programs related thereto are on a voluntary basis and shall not constitute any part of my official duties or responsibilities, nor shall they be considered to be within the course and scope of my employment with The Texas A&M University System, its agencies, institutions and services.

I further acknowledge that it is my sole responsibility to determine if I am physically capable of engaging in any activity related to the Wellness Center and its programs, and that I am aware that no emergency-trained personnel or medical equipment will be available on-site. I hereby acknowledge that it is my sole responsibility to determine if any existing conditions or limitations that I may have will be adversely affected by any activity that I choose to undertake while using the facility.

Executed this _____ day of _____, 20_____

Employee name (please print)

Employee signature

Department

Witness name (please print)

Witness signature