

The Citadel Deas Hall Membership Application and Agreements

Building Policies

These policies are meant to ensure a safe and welcoming environment for all Deas Hall patrons. The failure to abide by these rules may result in the request to immediately leave the building, termination of membership privileges, and other consequences.

Limitations

- Based upon availability, individuals 18 years and older who are not current Citadel students, faculty, or staff may apply for membership. These individuals are considered "members."
- Dependents (e.g., children) of members are not permitted to use Deas Hall.
- Guests of members are not permitted in Deas Hall.

Building Access and Identification

- Eligible individuals must complete a Deas Hall Membership Application and Agreement Form before using Deas Hall
- Members must present their current membership card to the staff at the welcome kiosk or equipment room window.

Etiquette and Attire

- Members will comply with written and verbal instructions from The Citadel personnel and Deas Hall Staff.
- Respect others when using Deas Hall, and remember classroom areas are quiet zones.
- Return dumbbells and weight plates to their racks after use. Ask others to do the same.
- Refrain from using abusive, disruptive, or inappropriate language.
- Members will wear appropriate gym attire when using the Deas Hall facilities. Jeans, open-toed shoes, work boots, shirts that expose the stomach, chest, and inappropriate clothing are prohibited.

Locker Rooms and Lockers

- Deas Hall has lockers available for your use. There is no additional fee to use a locker; however, lockers must be registered in the First Floor Equipment Room, and you must provide your lock.
- You may keep your locker from August through April; there is an annual locker clean-out in May.
- Deas Hall does not have a towel service.
- Personal items must be stored in a locker. Do not place personal items next to equipment in the gym or weight room while exercising. Personal belongings will not be held at the kiosk or in the equipment room.
- Deas Hall is not responsible for lost or stolen items.
- Do not store food, drinks, alcohol, drugs, or weapons in lockers.
- Nudity is prohibited in locker room common areas. Appropriate coverage is required when moving to and from showers, sinks, and restrooms.

Training and Equipment

- Coaches or outside trainers may not train others in Deas Hall.
- Organized group training is prohibited.
- Work with other lifters for spotting during heavy-weight activities. Staff on duty is not permitted to spot.
- Report equipment failures to the Deas Hall Staff.
- Return dumbbells and weight plates to their proper racks. Do not rest dumbbells or plates on benches or the ground.
- Do not drop or slam weights.
- Deas Hall has a variety of equipment available for check-out. Present your Deas Hall Membership Card to the Equipment Room; your card will be returned when the equipment is returned.

Environmental Hygiene

- Use hand sanitizer or wash hands before, during, and after using equipment and spaces in Deas Hall.
- Before and after use, wipe down equipment in cardio, weight rooms, and mat rooms.
- Pick up trash in locker rooms and workout areas and use recycling bins for bottles and cans.
- Food, candy, and gum are prohibited.
- Water and sports drinks are permitted in a resealable metal or plastic container. Glass containers are not permitted.
- The Citadel is a tobacco-free campus.

I READ, UNDERSTAND, AND AGREE WITH THE DEAS HALL POLICIES.

The Citadel reserves the right to terminate membership immediately if the college determines that a member has violated these rules, harmed or jeopardized anyone in Deas Hall, or behaved inappropriately for the facility.

Printed Name

Signature

Date

**The Citadel Deas Hall
Membership Application and Agreements**

Release of Liability and Assumption of Risk

The undersigned hereby acknowledges that they understand that participation in any sports, fitness, and recreation activities in The Citadel Deas Hall is purely voluntary and is not a part of the curriculum of The Citadel. In consideration of The Citadel Deas Hall making any equipment, funding, and facilities available to the undersigned while participating in such activities, the undersigned with this releases and agrees to hold harmless The Citadel, its successors, assignees, trustees, officers, agents, and employees from all claims, demands, suits and causes of action whatsoever, in any way growing out of or resulting from the participation of the undersigned in activities of The Citadel Deas Hall. This release may be asserted as an absolute bar to any suit by or on behalf of me, my representatives, my estate, or anyone asserting a claim arising out of my injury or illness, property damage, or death, regardless of the cause or causes of such injury, illness or death, even the negligence, gross negligence, recklessness, strict liability, or breach of express or implied contract or warranty of The Citadel, its agents or employees.

The undersigned further agrees that they understand that many of the activities of The Citadel Deas Hall involve substantial risk of illness, bodily injury, property damage, or death, including illness, injury, or death arising from the fault of others, and that by participating in the activities described herein they expressly assume the risk of any such illness, injury or death.

The undersigned expressly understands that they are responsible for any costs arising out of any illness, bodily injury, property damage, or death sustained through participation in normal or unusual activities of The Citadel Deas Hall. The undersigned is encouraged to obtain adequate illness, bodily injury, or proper damage insurance coverage. The undersigned hereby covenants and agrees on their behalf and the behalf of their representative, estate, or anyone else claiming through or on their behalf to indemnify and hold harmless The Citadel, its agents, employees, and successors from all damages, costs, expenses and attorneys fees incurred directly as a result of a claim, demand, suit, or action instituted as a result of any claim described in this document. The undersigned agrees that this document is a valid and binding contract and not a mere recital. Accordingly, this agreement is to be interpreted and applied under the State of South Carolina laws: If any part of this agreement should be declared unenforceable, the remaining portions shall be given full force and effect.

PLEASE READ THIS ENTIRE DOCUMENT CAREFULLY BEFORE SIGNING IT. THIS DOCUMENT RELEASES THE CITADEL FROM ANY LIABILITY RESULTING FROM ANY PARTICIPATION IN THE ABOVE ACTIVITIES.

I have carefully read and understand completely and clearly the above provisions and agree to be bound thereby. I enter this agreement freely and voluntarily.

Printed Name

Signature

Date

The Citadel Deas Hall
Membership Application and Agreements

Today's Date

Personal Information

Last Name First Name Phone Gender Age

Email Mailing Address

Emergency Contact

Contact Name Relationship to You Contact Phone Number

Do you have any medical conditions you want us to be aware of?

Other Information

Affiliation
(e.g., Faculty, Alumni, Community)

Need a Locker?
Lockers are free. Deas Hall is not responsible for lost or stolen items.

For Deas Hall Staff

Policies Assumption of Risk Get Active Fee Collected Check \$ / No. Cash \$

Locker Number

Combination

Staff Name

Date



Get Active Questionnaire

CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY –
PHYSICAL ACTIVITY TRAINING FOR HEALTH (CSEP-PATH®)

Physical activity improves your physical and mental health. Even small amounts of physical activity are good, and more is better.

For almost everyone, the benefits of physical activity far outweigh any risks. For some individuals, specific advice from a Qualified Exercise Professional (QEP – has post-secondary education in exercise sciences and an advanced certification in the area – see csep.ca/certifications) or health care provider is advisable. **This questionnaire is intended for all ages – to help move you along the path to becoming more physically active.**

- I am completing this questionnaire for myself.

I am completing this questionnaire for my child/dependent as parent/guardian.

PREPARE TO BECOME MORE ACTIVE

The following questions will help to ensure that you have a safe physical activity experience. Please answer **YES** or **NO** to each question before you become more physically active. If you are unsure about any question, answer **YES**.

- 1** Have you experienced ANY of the following (A to F) **within the past six months?**

A A diagnosis of/treatment for heart disease or stroke, or pain/discomfort/pressure in your chest during activities of daily living or during physical activity?

B A diagnosis of/treatment for high blood pressure (BP), or a resting BP of 160/90 mmHg or higher?

C Dizziness or lightheadedness during physical activity?

D Shortness of breath at rest?

E Loss of consciousness/fainting for any reason?

F Concussion?

2 Do you currently have pain or swelling in any part of your body (such as from an injury, acute flare-up of arthritis, or back pain) that affects your ability to be physically active?

3 Has a health care provider told you that you should avoid or modify certain types of physical activity?

4 Do you have any other medical or physical condition (such as diabetes, cancer, osteoporosis, asthma, spinal cord injury) that may affect your ability to be physically active?

YES to any question: go to Reference Document – ADVICE ON WHAT TO DO IF YOU HAVE A YES RESPONSE . . . ➤

ASSESS YOUR CURRENT PHYSICAL ACTIVITY

Answer the following questions to assess how active you are now.

- 1 During a typical week, on how many days do you do moderate- to vigorous-intensity aerobic physical activity (such as brisk walking, cycling or jogging)? [] DAYS/WEEK
 - 2 On days that you do at least moderate-intensity aerobic physical activity (e.g., brisk walking), for how many minutes do you do this activity? [] MINUTES/DAY
- For adults, please multiply your average number of days/week by the average number of minutes/day: [] MINUTES/WEEK

Canadian Physical Activity Guidelines recommend that adults accumulate at least 150 minutes of moderate- to vigorous-intensity physical activity per week. For children and youth, at least 60 minutes daily is recommended. Strengthening muscles and bones at least two times per week for adults, and three times per week for children and youth, is also recommended (see csep.ca/guidelines).



GENERAL ADVICE FOR BECOMING MORE ACTIVE

Increase your physical activity gradually so that you have a positive experience. Build physical activities that you enjoy into your day (e.g., take a walk with a friend, ride your bike to school or work) and reduce your sedentary behaviour (e.g., prolonged sitting).

If you want to do **vigorous-intensity physical activity** (i.e., physical activity at an intensity that makes it hard to carry on a conversation), and you do not meet minimum physical activity recommendations noted above, consult a Qualified Exercise Professional (QEP) beforehand. This can help ensure that your physical activity is safe and suitable for your circumstances.

Physical activity is also an important part of a healthy pregnancy.

Delay becoming more active if you are not feeling well because of a temporary illness.



DECLARATION

To the best of my knowledge, all of the information I have supplied on this questionnaire is correct.
 If my health changes, I will complete this questionnaire again.

I answered **NO** to all questions on Page 1



Sign and date the Declaration below



I answered **YES** to any question on Page 1

Check the box below that applies to you:

- I have consulted a health care provider or Qualified Exercise Professional (QEP) who has recommended that I become more physically active.
- I am comfortable with becoming more physically active on my own without consulting a health care provider or QEP.

Name (+ Name of Parent/Guardian if applicable) [Please print]

Signature (or Signature of Parent/Guardian if applicable)

Date of Birth

Date

Email (optional)

Telephone (optional)