**Key Fob No.** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_



**LCS**

**Centre**

**MEMBER INFORMATION**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

City/Town: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Prov: \_\_\_\_\_ Postal Code: \_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Preferred Phone Number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Employer’s Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Emergency Contact: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

I acknowledge that the information provided on this form may be used to:

1. Administer and monitor my membership;
2. Assist in the enforcement of this Agreement;

I authorize the LCS Community Fitness Centre to use my personal information for the purposes described above and agree to notify the Fitness Centre of any changes in my personal information.

**MEMBERSHIP AGREEMENT**

**Adult Membership** - (plus $25.00 key fob deposit)

€ 1 Month ($15) € 4 Months ($50) € 6 Months ($60) € 1 Year ($100)

**Student Membership** - (plus $25.00 key fob deposit)

€ 1 Month ($10) € 4 Months ($25) € 6 Months ($30) € 1 Year ($50)

 Fees may be paid by Cash, Etransfer (**lcsstudentfees@gssd.ca**), or Cheque payable to the **Langenburg Central School**

The LCS Community Fitness Centre hereby grants membership to the undersigned, subject to the rules, regulations, and operating hours posted.

The current period of the membership is \_\_\_\_\_\_ month(s) commencing

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 20\_\_\_\_\_\_ and ending \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, 20\_\_\_\_\_\_.

Dated this \_\_\_\_\_\_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_.

Member Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Langenburg Central School Community Fitness Centre**

**Waiver and Terms of Use Agreement**

**Behaviour and Etiquette:**

1. Everyone must show respect for equipment and facility at all times.
2. Users must be a minimum of 16 years of age to have unsupervised access of the fitness centre.
3. All users must sign in and out of the facility.
4. **Members who bring guests into the fitness centre are responsible for ensuring guests pay the approved drop-in fee. Failure to do so may result in cancellation of membership.**
5. Spitting or defacing will result in immediate expulsion.
6. Nor horseplay, foul language, verbal abuse or temper tantrums.
7. Proper training attire and **clean, indoor** shoes must be worn. **Indoor shoes are shoes that are never worn outside.**
8. No food, chewing gum, glass bottles or cans allowed. Only water in a sealed water bottle.

**Work out Safety**

1. All users must always use locks on the ends of bars.
2. All users must utilize the buddy system to assist with spotting when using larger weights. ( i.e. free weights, squats, bench press.) Users should never work out alone.
3. All users must squat inside of racks using a spotter and safety arms.
4. A spotter must be used for exercises that place the bar on the back or front shoulders and exercises that involve a bar or dumbbells moving over the face or above the head.
5. **Use of the LCS Fitness Centre while under the influence of drugs or alcohol is strictly prohibited and will result in the immediate removal of all membership benefits.**

**Acceptable Use of Equipment**

1. All users must wipe down equipment after use.
2. Weights and dumbbells must be placed back where you got them from and in proper order. Users should not drop or throw weights or dumbbells.
3. Do not drop plates and free weights.
4. Users found damaging equipment will be responsible for repair and replacement costs.
5. Report facility related injuries or facility or equipment irregularities immediately to the school.

**Abuse of Privileges**

All abuse of privilege and damage to equipment will be reported to the Town of Langenburg. Consequences of abuse of privilege will follow the following process:

* First offense – Verbal warning and loss of privilege for the day.
* Second offense - Dismissal from the centre for one month
* Third offense – Permanent ban from the fitness centre.

**Waiver**

I have attended my orientation session for the Langenburg Central School Fitness Centre and have read the waiver and terms of use agreement and am aware of the consequences for not following this agreement. Langenburg Central School and the Good Spirit School Division are not liable for injuries or accidents occurring during facility use.

I \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ agree to the following guidelines of the Langenburg Central School Fitness Centre.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature Date