



901 15TH Avenue Door #24 South Milwaukee, WI 53172 www.smfitness.org

S.M. High School STUDENT Membership Form

(Student ID to verify)

STUDENT FIRST NAME: _____

LAST NAME: _____

Date of Birth: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

HOME PHONE: _____ CELL PHONE: _____

EMAIL ADDRESS: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE: _____

PLEASE READ: THE FITNESS CENTER IS A PRIVILEGE AND NOT AN ASSUMED AMENITY FOR STUDENTS. THE FITNESS CENTER STAFF EXPECTS ALL MEMBERS TO USE THE FACILITY FOR ITS INTENDED PURPOSE OF EXERCISING IN A MATURE, TIMELY, AND RESPECTFUL MANNER. THIS INCLUDES BUT IS NOT LIMITED TO: TREATING OTHER MEMBERS AND STAFF WITH RESPECT, CLEANING EQUIPMENT AFTER USE, PUTTING EQUIPMENT BACK IN ITS PROPER PLACE WHEN FINISHED, NO FOUL LANGUAGE, AND NO HORSEPLAY. FAILURE TO COMPLY MAY RESULT IN SUSPENSION OR POSSIBLE CANCELLATION OF MEMBERSHIP. PARENT AND STUDENT: PLEASE INITIAL TO VERIFY THAT YOU HAVE READ AND AGREE TO COMPLY.

LIABILITY WAIVER: All participants are required to sign the following release. Parents or Guardians must sign for Minors. I / We the undersigned do hereby agree to allow the above name to participate in activity. I / We are aware there may be potential risks inherent with participation in any recreation activity and the South Milwaukee Fitness Center does not provide accident insurance. I / We assume all risks and hazards incidental to such participation including the transportation to and from activities. I / We do hereby waive, release, absolve, indemnity and agree to hold harmless the South Milwaukee Fitness Center officers, staff, and other persons from any and all claims, injuries, liabilities, damages or right of action directly or indirectly arising out of use of South Milwaukee Fitness Center facilities, equipment and / or participation in South Milwaukee Fitness Center activities. In the event of an emergency, I authorize the South Milwaukee Fitness Center to obtain medical treatment for son/daughter or myself.

STUDENT Signature: _____

PARENT Signature: _____

Staff Signature: _____ Date _____

South Milwaukee Fitness Center

Rules and Regulations

Rules and regulations will be clearly posted and must be always followed when using the Fitness Center.

1. Proper identification is mandatory once entering the building.
2. Please check in at the desk prior to your workout. The minimum age for admission is a middle school student when accompanied by a parent with a family membership. Children under the age of 12 are not allowed in the FC.
3. Wipe down the machines before and after every use. Either Spray bottles or disinfecting wipes are available during your workout. The Spray bottles are located at the Fitness Center desk, and paper towel dispensers and disinfecting wipe stations are located throughout the Fitness Center. When wiping down your machine, spray the towel, not the machine (spraying the machine may cause damage to the electronics). Please dispose of all garbage in the trashcans.
4. Wear proper training attire. No open-toed shoes are allowed while working out. Check to make sure nothing you are wearing will damage the upholstery. Please wipe your shoes on the mat by the door. During the winter months and inclement weather days, it is recommended to bring an extra pair of shoes. Please use the benches located outside of the Fitness Center to change into exercise shoes BEFORE entering.
5. Help keep the area clean. Food and beverages are not allowed inside the SMFC. Water and energy drinks are allowed if they are resealable.
6. Please put away the weight plates when you are finished using them. Make sure that all equipment is placed in the proper place.
7. The SMFC staff has authority over all room conduct and the use of equipment. This includes the sound system.
8. Participants are expected to follow all safety guidelines while using equipment. Spotters and clamps are strongly encouraged.
9. Immediately report any facility-related injury or facility/equipment problem to the FC staff on duty.
10. If you are unsure on how to use a piece of exercise equipment, please ask.
11. Please be courteous to your fellow members and allow them to work in with you, if you are doing multiple sets on the weight machines.
12. Track Access. The track is available to FC members. The hours of availability for the track are the same as the FC.
13. North Court access is not guaranteed! This is an amenity to Fitness Center members **when available**. The North Court is not available during school hours.
14. Anyone using inappropriate behavior, or foul language, or suspected to be under the influence of alcohol or other substances may be asked to leave the building. Failure to comply may result in contacting authorities and possible suspension/revocation of the Fitness Center Membership.

I have read, understand, and agree to comply with the above rules and regulations:

Member Signature: _____ Date: _____