



GARLAND

Fitness Room Rules and Agreement

1. All participants must scan their ID Card before entering the Fitness Room.
2. Fitness Room use is restricted to patrons 16 years of age or older.
3. Patrons must read and follow posted fitness equipment instructions.
4. Shirts must be worn at all times in the Fitness Room for hygiene purposes. Sports bras must be covered with a shirt. Tank tops and muscle T-shirts are prohibited.
5. Athletic shoes must be worn in the Fitness Room at all times; no sandals or open toed shoes are allowed.
6. No food, drinks, or gum is allowed in the Fitness Room. Water in spill proof bottles is allowed.
7. Please wipe off the equipment with antiseptic spray and cloths provided after you are finished.
8. **DO NOT** slam weights down in between repetitions. Re-rack hand-weights after you have finished using them.
9. Limit time on cardiovascular equipment to 30 minutes when someone is waiting.
10. Headset radios **ONLY** can be used in the fitness room.
11. Please ask front desk staff if you want the TV volume or channel changed.
12. No private instruction or training is allowed in the Fitness Room.
13. Patrons will not use any equipment that appears broken, malfunctioning, or defective or remove any signage indicating equipment is out of service or not to be used. Patrons will immediately discontinue use of any broken, malfunctioning, or defective equipment and report problem to center staff.

Participants assume all risks when using the Fitness Room equipment. Garland PARD recommends you consult a physician before beginning any exercise or fitness program.

Indemnification Agreement

In return for use of facilities, the Patron agrees to indemnify, hold harmless and defend the City of Garland, its officers, agents, and employees, both past and present, from and against liability for any and all claims, liens, suits, demands, and actions for damages, injuries to persons (including death), property damage (including loss of use), and expenses (including court costs, attorneys' fees and other reasonable costs of litigation) arising out of or resulting from any liability arising out of or resulting from intentional acts or negligence of the City, including all such causes of action based upon common, constitutional, or statutory law, or based in whole or in part upon the negligent or intentional acts or omissions of the Patron, including but not limited to its officers, agents, employees, subcontractors, licensees, invitees, and other persons. It is the express intention of the parties hereto, both the City and the Patron, that the indemnity provided for in this Agreement indemnifies and protects the City from the consequences of the City's own negligence.

I understand the above rules, regulations, and indemnification agreement and agree to abide by them.

Signature of Patron

Signature of Parent (if patron under 18 years of age)