

Des Moines University Wellness Center Alumni Agreement

I understand that the privilege of utilizing Des Moines University's Wellness Center is extended to me as an alumnus/na under the following conditions:

- Usage is permitted for the alumnus/na only.
- Usage does not include family members, friends or guests.
- A Consent and Release form must be signed annually by the alumnus/na and on file at DMU.
- All Wellness Center policies and procedures must be observed.
- All users of the Wellness Center are expected to be responsible, courteous, and safety-conscious. Disorderly conduct, abuse or misuse of the facility or its equipment will not be tolerated.
- The primary function of the Center is for students and employees. Any organized activities in the Wellness Center (fitness classes, intramurals, etc.) are given priority.
- To access the Wellness Center, I must scan my DMU photo I.D. badge at the Wellness Center front desk upon entering the Wellness Center every time I enter the wellness facilities.
- The initial fee to obtain a photo I.D. badge is \$10; all replacement badges will cost \$25.
(CREDIT/DEBIT CARDS ONLY – NO CASH OR CHECKS ACCEPTED.)

Terms & Conditions for Facility Use

1. Admittance to the Wellness Center located at 8025 Grand Avenue in West Des Moines or the Wellness Center located at 3200 Grand Avenue in Des Moines (collectively Wellness Center) are strictly limited to those people who have a DMU photo ID badge. All individuals must sign a waiver on an annual basis and have it on file before they may utilize the Wellness Center. No guests/visitors are authorized to enter or use the Wellness Center, except for Student Interview Candidates & their Guest and DMU Graduating Seniors' Family Members & Guests during graduation week. These individuals must sign a Consent & Release form before using either Wellness Center. Any individual allowing unauthorized guests or visitors to gain access to or use the Wellness Center may have their own privileges revoked.
2. The Wellness Center is not staffed at all times. During staffed or unstaffed hours, participants are responsible for monitoring their level of exercise while in the Wellness Center and for properly using all Equipment. Participants are aware that in the event of an injury, loss of consciousness, stroke or heart attack, or any other medical emergency, there may be no one to respond or assist and DMU has no duty to provide such assistance to participants in the Wellness Center. The Wellness Center is equipped with surveillance cameras, however they are not monitored continuously and help may not necessarily be available.
3. The use of the Wellness Center and exercise equipment involve inherent dangers and risk of injury, and/or death. Participants assume all responsibility and liability for their actions and use

of equipment. Use of the Wellness Center and equipment is voluntary, and it is recommended that participants seek approval from their physician or medical provider before implementing an exercise regimen or physical activity.

4. In consideration for being permitted to use the Wellness Center, and assuming all risks involved, participants are responsible for any resulting injury, damage to, or loss of their own property during the use of the Wellness Center.
5. Participants, on behalf of their heirs, assigns, representatives and next of kin, hereby release, indemnify, and hold harmless Des Moines University, its officers, directors trustees, agents, and/or employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of the use or occupancy of the Wellness Center or any fitness/wellness activity or class occurring therein, including any injuries arising from negligence of the participants or otherwise, to the fullest extent permitted by law.
6. Conduct while using the Wellness Center shall conform to these Rules and all applicable DMU policies and expectations of conduct.
7. DMU does not tolerate any actions which unreasonably interfere with the use or enjoyment of the Wellness Center, or the equipment located therein by other individuals, or disrupts or interferes with the normal, safe, orderly, and efficient operation of the Wellness Center.
8. Proper attire is always required in the Wellness Center. The minimum attire should include gym shorts or pants, a shirt, socks and tennis shoes, or similar footwear. A SECOND pair of clean, dry shoes is suggested for use in the Wellness Center.
9. Proper swimwear is required in the activity pool located at 8025 Grand Avenue in West Des Moines. No running or horseplay in or around the deck. A lifeguard is not on duty; swim at your own risk. Do not enter the pool if you have a communicable disease or an open wound. Please read and follow the DMU Activity Pool Rules posted by the pool.
10. Equipment and all Wellness Center facilities may only be used in the manner they are intended. Individuals shall not use the Wellness Center to endanger their health and safety.
11. Each participant is responsible for cleaning and wiping down all equipment after each use using the cleaning supplies located throughout the Wellness Center, returning all weights, equipment, and fitness gear to their proper place after each use, not dropping weights and reporting any damaged/broken parts of the equipment to the Wellness Center staff. All equipment may be used on a first-come, first-serve basis, however, please be considerate of those who are waiting. DMU staff reserves the right to limit time on equipment if necessary.
12. The lockers located in the Wellness Center locker rooms are available only during workout sessions. Individuals must clean out their locker each time they are finished using the Wellness Center. Individuals shall not leave any litter, trash, debris, or any other articles of personal property in the Wellness Center, including without limitation, soap, shampoo, combs, and any other personal grooming products. Items cannot be stored in lockers overnight or any time an individual is not using the Wellness Center. Locks left on lockers may be removed by the Wellness Center staff by any means necessary. Any items left in the Wellness Center may be disposed of by the Wellness Center staff. DMU and the Wellness Center staff are NOT RESPONSIBLE OR LIABLE for items lost, stolen, or left in the Wellness Center, or disposed of by the Wellness Center staff.
13. Individuals shall immediately report to the Wellness staff any injuries occurring in the Wellness Center or in the event they discover any unsafe or hazardous condition relating to the Wellness Center or the equipment therein.
14. For current Wellness Center hours, please check the Pulse/Wellness. DMU reserves the right to modify the hours of operation and staffing at any time in DMU's sole discretion. Any changes in the hours of operation or staffing availability will be posted in the Wellness Center on Pulse.

15. Parking: "Participants may park in any parking space that is not otherwise designated as reserved by signage." Violators may be fined and/or risk the loss of their Wellness Center membership.
16. All intramural activities at Des Moines University or coordinated through DMU are to be conducted in an atmosphere of friendly competition. Any student/participant involved in fighting will immediately be suspended from intramural activities for the remainder of the academic year. Serious displays of poor sportsmanship may be referred to by the Conduct Officer as a violation of the Student Code of Conduct.
17. DMU Wellness Center staff reserve the right, within their sole discretion, to revoke Wellness Center privileges for any violation of these Rules, and to amend these Rules for any reason. A notice posted in the Wellness Center shall be deemed sufficient notice of any amendment to these Rules.
18. ADA Statement. Individuals with disabilities are encouraged to participate in all Wellness Center sponsored events. If you are a person with a disability who requires accommodation to participate in a program, please contact the Wellness Center in advance at 515-271-1396 or wellness@dmu.edu. Only service animals are permitted in the Wellness Center. The Americans with Disabilities Act (ADA) allow service animals to accompany persons with disabilities on the DMU campus. The ADA defines service animal as any guide dog, signal dog, or other animal individually trained to provide assistance to a person with a disability.
19. Alcohol, Drugs, and Tobacco. The Wellness Center is a substance-free facility. Possession or use of alcoholic beverages, illegal drugs and tobacco products are prohibited in the Wellness Center.
20. Firearms and Weapons. All weapons, including concealed weapons, are not permitted in the Wellness Center.
21. Campus requirements may change at any time due to city, state, or federal health and safety guidelines. Please check the Pulse regularly for updates and adjusted Wellness Center hours.

Furthermore, I understand that any violation of this agreement could result in the revocation of all privileges and de-activation of my access card.

Alumnus/na Name: _____

Home Address: _____

City: _____

E-mail Address: _____

Alumnus/na Signature: _____ Date: _____

☐ Renewal of prior release form – (can use Wellness Center upon completion of this form)

☐ New (hasn't had Wellness Center Access as Alumnus/na but still has DMU ID Badge - can use Wellness Center upon completion of this form) If still have student badge, will need to get an alumni badge from Security.

☐ New (hasn't had Wellness Center Access as Alumnus/na and doesn't have DMU ID Badge – CAN'T use Wellness Center upon completion of this form – must get badge from security prior to using facility)