

**Monterey County Schilling Place Fitness Center
Release and Waiver of Liability Agreement**

I, _____, acknowledge that I am voluntarily using the facilities of the Monterey County Schilling Place Fitness Center, including its exercise equipment, exercise equipment room, storage cabinet room, showers, and conference rooms designated for fitness classes (collectively, "Facilities").

I have read and agreed to adhere to the terms of the Monterey County Schilling Place Fitness Center Operating Protocol ("Protocol"), a copy of which is attached as Exhibit A to this Agreement and is incorporated by reference.

I acknowledge that my use of the Facilities will occur only on work days on which I report to work.

I acknowledge that it is exclusively my responsibility to seek from my own physician a medical evaluation and clearance prior to engaging in any physical exercise. I have determined that use of the Facilities is appropriate for me.

I ACKNOWLEDGE THAT USE OF THE FACILITIES BY A COUNTY EMPLOYEE IS NOT A REQUIREMENT OF COUNTY EMPLOYMENT. I ACKNOWLEDGE THAT I AM USING THESE FACILITIES VOLUNTARILY, ON MY OWN TIME AND NOT ON COUNTY-PAID TIME.

I AM AWARE THAT THERE ARE HAZARDS IN USING THE FACILITIES. I AM AWARE THAT I COULD BE SERIOUSLY INJURED OR DIE AS A RESULT. I AM VOLUNTARILY USING THE FACILITIES WITH KNOWLEDGE OF THE POTENTIAL AND INHERENT RISK INVOLVED. I AGREE TO ASSUME ANY AND ALL RISKS OF INJURY, DEATH OR PROPERTY DAMAGE, WHETHER THOSE RISKS ARE KNOWN OR UNKNOWN, AS A RESULT OF MY USE OF THE FACILITIES.

I verify this statement by placing my initials here: _____

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AS CONSIDERATION FOR BEING PERMITTED BY THE COUNTY OF MONTEREY TO USE THE FACILITIES, I FOREVER RELEASE THE COUNTY OF MONTEREY, ITS OFFICIALS, ADMINISTRATORS, DIRECTORS, MANAGERS, EMPLOYEES, VOLUNTEERS, AND AGENTS (COLLECTIVELY, "RELEASEES") FROM ANY AND ALL ACTIONS, CLAIMS, INCLUDING WORKER'S COMPENSATION CLAIMS, OR DEMANDS, WHICH I, MY ASSIGNEES, HEIRS, DISTRIBUTEES, GUARDIANS, NEXT OF KIN, SPOUSE, AND LEGAL REPRESENTATIVES NOW HAVE, OR MAY HAVE IN THE FUTURE, FOR INJURY, DEATH, OR PROPERTY DAMAGE, RELATED TO (i) MY USE OF THE FACILITIES, (ii) THE NEGLIGENCE OR OTHER ACTS, WHETHER DIRECTLY CONNECTED TO THESE ACTIVITIES OR NOT, AND HOWEVER CAUSED, BY ANY RELEASEE, OR (iii) THE CONDITION OF THE MONTEREY COUNTY SCHILLING PLACE FITNESS CENTER, INCLUDING ITS EXERCISE EQUIPMENT, EXERCISE EQUIPMENT ROOM, STORAGE CABINET ROOM, SHOWERS, AND CONFERENCE ROOMS DESIGNATED FOR FITNESS CLASSES WHETHER OR NOT I AM THEN USING THE FACILITIES.

I HAVE CAREFULLY READ THIS AGREEMENT AND FULLY UNDERSTAND ITS CONTENTS. I AM AWARE THAT THIS IS A RELEASE AND WAIVER OF LIABILITY AND A CONTRACT BETWEEN MYSELF AND THE COUNTY OF MONTEREY AND THAT I SIGN IT OF MY OWN FREE WILL.

Executed at _____, California on _____, 2017.

Signature of Employee

Please print your name as it appears on your employee ID badge.

Last Name _____ First Name _____
Department Name & Work Address: _____
Work Phone: _____ Email: _____
Employee ID Number: _____

EXHIBIT A

MONTEREY COUNTY SCHILLING PLACE FITNESS CENTER OPERATING PROTOCOL

The Monterey County Schilling Place Fitness Center, including its exercise equipment, exercise equipment room, storage cabinet room, showers, and conference rooms designated for fitness classes (collectively, "Facilities"), is available for use by Monterey County employees, as set forth herein. In order to keep it a safe place for all, each user of the Facilities shall read and adhere to the Monterey County Schilling Place Fitness Center Operating Protocol ("Protocol"). Failure to adhere to this Protocol may result in a loss of the privilege to use the Facilities.

Utilization

1. Use of the Facilities is limited to current Monterey County employees on their workdays only. Former County employees are not permitted to use the Facilities. Family members and friends of County employees are not permitted to use the Facilities.
2. All employees are required to complete a Release and Waiver of Liability Agreement before being authorized to use the Facilities. Access is by key card, which will be coded for entry after the employee has properly completed, initialed, and signed the Release and Waiver of Liability Agreement.
3. Only employees with badges coded for entry may use the Facilities. An employee's badge shall allow entry only to the employee for whom the badge was issued. An employee is prohibited from using his/her badge to allow another person—including another County employee--access to the Facilities.
4. The Facilities are not staffed by an instructor or medical personnel. In case of an emergency, users must dial 911.
5. Use of the Facilities by a County employee is not a requirement of County employment. Use of the Facilities by a County employee is voluntary, on the employee's own time and not on County paid time.

Type of Physical Activity Permitted

1. Physical activity in the Monterey County Schilling Place Fitness Center is limited to use of exercise equipment provided by the County. Employees shall not use their own exercise equipment in the Facilities.
2. Physical activity shall be non-contact and of low to moderate intensity.

3. Fitness classes (e.g., yoga, Pilates, T'ai Chi, Qigong, walking, dancing, low impact aerobics) are only permitted in conference rooms at the Monterey County Schilling Place building that have been designated for fitness classes by the Monterey County Employee Wellness Program.

4. Group sports are not permitted in the Facilities at any time.

Exercise Equipment

Employees shall read carefully the operating instructions available for any fitness equipment prior to use. Employees shall operate such equipment in strict accordance with the instructions. Employees shall immediately cease the use of equipment that does not appear to be operating properly and shall report the equipment to **Employee Wellness at (831) 755-4574 or healthpromotion@co.monterey.ca.us.**

Personal Belongings

1. The County of Monterey is not responsible for any lost, stolen or damaged items. Employees are encouraged strongly not to bring valuables into the Facilities.

2. There are a limited number of storage cabinets available for use by employees while using the Facilities. The use of locks is prohibited. All property must be removed from storage cabinets immediately following workouts. Storage cabinets shall not be used to store any personal property when an employee is not using the Facilities. Items left overnight in the storage cabinets, in the storage cabinet room, or elsewhere in the Facilities may be removed and discarded without notice the following day.

General Fitness Center Guidelines

1. Proper workout attire must be worn at all times while using the Facilities. Shirts and closed toed shoes are required at all times.

2. There is a 20-minute time limit on any and all cardiovascular equipment when others are waiting to use the same equipment.

3. With the exception of water bottles, food and/or drinks are not allowed in the Facilities.

Equal Opportunity for Persons with Disabilities and Reasonable Accommodation

The County of Monterey (County) is committed to providing equal access and opportunity to qualified individuals with disabilities in its employment practices, provision of public services, and access to governmental facilities. If you have any questions, please contact: Equal Opportunity Office - 831-755-5117.



County of Monterey
Access Rights
Application/Cancellation Form
Schilling Place Fitness Center

When completed, secure Wellness Program Designee's signature. Return the form by walk-in inter-office mail, or email to:

Employee Wellness Program
Health Department
1441 Schilling Place – South 1st Floor
Phone: (831)755-4574
Email: healthpromotion@co.monterey.ca.us

Request Type	Indicate by Placing an X
Grant Access:	
Replacement Badge:	
Cancel Access:	

Badge Access Location (Address):	
Existing Badge (Y/No):	Badge Number:
Employee Name:	Title:
Department:	Work Phone Number:
Primary Work Address:	Employee Number:

Access Hours Requested: (Indicate by placing an X)

Schedules

Fitness Center Access

Monday-Sunday 24hrs	
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The Monterey County Schilling Place Fitness Center will be open and available 24hrs, Monday through Sunday, except for legal holidays recognized by the County of Monterey.

Users of the facility must submit this completed form with their completed Monterey County Schilling Place Fitness Center Release and Waiver of Liability Agreement.

Requested by: _____ Phone: _____ Date: _____
(Wellness Program Designee)