

Harold and Carmen Poulsen Fitness and Recreation Facility



Membership Information

Name _____ Date / / _____

Phone number _____ - - _____

Address _____ City State Zip _____

Birthday _____ / / _____

Please check one

Spouse _____ Immediate Family _____ Alumni _____

I.D. Number _____ Paid Amount _____ Cash _____ Check # _____

Regulations

Warning: *Serious injury can occur if struck by falling weights or other moving parts. You assume the risk or injury using this type of equipment. The risk can be reduced by following these simple rules.*

** Persons with serious medical conditions should consult their physician before using weight equipment.*

** To reduce the chance of injury, keep head and limbs clear of weights and moving parts at all times. (Do not be careless. Stay Alert)*

**Maintain at least 5 inch clearance between head and weight stacks in bench work.*

** Selector keys must be fully inserted and locked. (Substitute keys may cause weights to fall unexpectedly.)*

**If weights, pulleys, or other parts become jammed, do not attempt to free alone as weights may fall unexpectedly-obtain supervisory assistance immediately.*

Notice

You will be liable for any damages due to misuse of the Wellness Center or equipment. Failure to abide by these regulations will result in the suspension of your privilege or use of the Wellness Center area-not to mention serious injury that could occur. The University of Great Falls is not responsible for any injuries sustained from use of the Wellness Center facility: Sign _____ Date _____