

Membership Application

The Buffalo State Fitness Center
Houston Gym 230
SUNY Buffalo State
1300 Elmwood Ave.
Buffalo, N.Y. 14222

Membership Number: _____

Staff Initial: _____

Name* (print): _____

Address*: _____

City*: _____ State*: _____ Zip Code*: _____

E-mail*: _____ Date of Birth*: _____

Cell Phone*(for SMS): _____ Work Phone: _____

Emergency Contact: _____ Emergency Phone: _____

Membership Type: ☐ Multi-pass ☐ Alumni ☐ Faculty/Staff ☐ Spouse/Domestic Partner ☐ Retiree
☐ Graduate/Certification ☐ Campus Community ☐ Personal Training ☐ Locker

(please circle one)

Duration of Membership _____

Statement of Transaction

1. Price of Membership \$ _____

2. Check Number or Money Order _____

All payments must be made by check or money order. Please make checks payable to Buffalo State College Foundation. No cash please.

_____ I would like to use payroll deduction in order to cover the cost of my membership. (Not available through the Research Foundation. Payroll deductions must be cancelled by member using Fitness Center foundation form at the end of the membership.)

Member Signature _____ Date _____

Manager Signature _____ Date _____

Fitness Center Policies and Procedures:

1. Proper attire is required at all times, including shirts and athletic shoes. No open toed shoes are allowed. No jeans or denim. No wet, muddy or salty shoes.
2. Food and drinks are not allowed inside the facility. Plastic water bottles are acceptable.
3. The use of improper or dangerous exercise techniques is not permitted.
4. Be respectful and considerate of others. Do not engage in horseplay, arguing, or loud and offensive language.
5. The staff offices, telephones, and computer are off limits to members without permission.
6. No tobacco products, chewing gum, alcohol, drugs or illegal substance allowed in the facility.
7. All guests and visitors must report to the front desk and sign a waiver form.
8. The Fitness Center employees are authorized to expel users for failure to follow the fitness center policies.
9. You must have a current Buffalo State Fitness Center membership to use the facility.

Fitness Center Etiquette:

1. Do not monopolize the equipment. Invite members who are waiting to work in.
2. Ask permission before working in on a piece of equipment.
3. Do not sit on the equipment when resting between sets.
4. Stay in the general vicinity if you are between sets on a machine.
5. Do not have long conversations when others are waiting.
6. Do not exceed the time limit on the cardio machine. (30 minutes)
7. If you are waiting for a cardio machine be ready to go when it's your turn.
8. Do not engage in any unwanted conversations and provide each of our member's appropriate personal space as requested.

Agreement for Facility Use

User agrees and represents that all exercises, treatment and use of all fitness center facilities shall be undertaken at the user's own risk, that he/she is in good physical condition and physically able to undertake any physical exercises and treatments provided by the center, and the corporation which owns the center and/or any affiliated companies and/or the respective agents and employees, shall not be liable for any claims, demands, injuries, damages, actions or causes of action, whatsoever, to user or his or her property arising out of, or connected with the use of any of the services and/or facilities of such corporation and of any affiliated companies and/or their respective agents and employees, or the premises where the same are located and the user does hereby expressly forever release and discharge said corporation and any affiliated companies and their respective agents, and their employees, from all such claims, demands, injuries, damages, actions or cause of actions. In a case of any accident, user agrees and concedes that he will be examined at his sole expense by a licensed physician who shall report in writing to both user and the Corporation owning the center.

Damage to facilities: User agrees to pay an extra charge for damage arising from any careless use of equipment, dropping of weights, or the like caused by user.

Personal Property: The center, and the agents and employees of the center shall not be responsible for damages, lost or stolen articles of clothing and other personal property of any user.

Compliance with Rules and Conditions: At the time this Agreement was executed, the center has given user a copy of its current Policies and Procedures. User agrees to keep and obey all Policies and Procedures and any additional or changed Policies and Procedures in the future prescribed by the center. Center reserves the right to add to or amend the rules and conditions at anytime, and the center reserves the right to revoke or terminate this membership if user fail to keep and obey any of such Policies and Procedures.

I have read and fully understand the contents of this agreement.

Print Name: _____ **Date:** _____

Signature of User: _____

Buffalo State College Fitness Center

Health Form

Regular physical activity is fun and healthy and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the nine questions listed below. If you are between the ages of 15 and 69, the Health Form will tell you if you should check with your doctor before you start. If you are over 69 years of age and you are not used to being very active, check with your doctor.

Please read the questions carefully and answer each one honestly by circling YES or NO.

If you answer YES to one or more of the questions:

Talk to your doctor by phone or in person BEFORE you start becoming much more physically active. You may be able to do any activity you want as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those that are safe for you. Talk to your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answer NO to all the questions:

If you answer NO honestly to all the Health Form questions, you can be reasonably sure that you can start becoming much more physically active, begin slowly and build up gradually. This is the safest and easiest way to go.

Delay becoming more active:

If you are not feeling well because of a temporary illness such as a cold or fever, wait until you feel better. If you are pregnant, talk to your doctor before becoming more active.

Please note: If your health changes so that you then answer YES to any of the questions, tell your health professional. Ask whether you should change your physical activity plan.

- | | | |
|-----|----|--|
| YES | NO | Has your doctor ever said that you have a heart condition, high blood pressure, or heart disease? |
| YES | NO | Has your doctor ever said that you should only do physical activity recommended by a doctor? |
| YES | NO | Do you feel pain in your chest when you do physical activity? |
| YES | NO | Do you lose your balance because of dizziness or do you ever lose consciousness? |
| YES | NO | Do you have a bone or joint problem that could be made worse by a change in your physical activity? (for example: Arthritis, Rotator Cuff problem, joint replacement). |
| YES | NO | Is your doctor presently prescribing drugs for (for example: water pills) for your pressure or heart condition? Please indicate the name(s) of drugs. |
| YES | NO | Do you know of any other reason why should not do physical activity? |
| YES | NO | Do you have any other pre-existing illnesses, diseases or conditions that Would prevent you from participating in physical activity? |

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction.

Print Name: _____

Signature: _____ Date: _____

Staff Signature: _____