

University of Baltimore Recreation Center Membership Form



All membership fees are due at time of signing up. You must have a Picture ID, Payment, and Proof of eligibility for certain membership rates that we offer in order to have a membership with Campus Recreation and Wellness. **Memberships are non-refundable and non-transferable.**

<h2>Membership Fees</h2>			
Please check off the type of membership you want to purchase.	Months		
<input type="checkbox"/> Check if this is a membership renewal.			
Types of Memberships	3 Months	6 Months	12 Months
Standard	<input type="checkbox"/> \$110	<input type="checkbox"/> \$190	<input type="checkbox"/> \$330
UB Alumni/UB Retired Faculty *	<input type="checkbox"/> \$85	<input type="checkbox"/> \$140	<input type="checkbox"/> \$230
UB Family**	<input type="checkbox"/> \$85	<input type="checkbox"/> \$140	<input type="checkbox"/> \$230
MICA Employee***	<input type="checkbox"/> \$85	<input type="checkbox"/> \$140	<input type="checkbox"/> \$230
College Student****	<input type="checkbox"/> \$85	<input type="checkbox"/> \$140	<input type="checkbox"/> \$230
MICA Student****	<input type="checkbox"/> \$65	<input type="checkbox"/> \$100	<input type="checkbox"/> \$180
*Available to all UB graduates. Please present an Alumni/Faculty Card when signing up.			
**The sponsor must be present at time of purchase. This membership can only be purchased by immediate family members (spouse, children, and siblings) and domestic partners of current UB staff, faculty, and students. All members must be over 18 years old to purchase this membership.			
*** Must present a valid MICA Student/MICA Employee ID when signing up.			
****This is available to all college students with a valid college ID card.			

Name: _____

Address: _____

Apt #: _____ City: _____ State: _____ Zip: _____ DOB: ____/____/____

Phone: _____ Email: _____

Official Use Only

Effective: ____/____/____ Expires: ____/____/____ Authorized By: _____ Member #: _____

If UB Family, add UB Member Name and ID Number: _____ Member #: _____

Method of Payment (select one):

Cash Check Visa MC

Credit Card #: _____ / _____ / _____ Exp.: ____/____

Name on card (please print): _____

Signature: _____ Date: _____

University of Baltimore Campus Recreation and Wellness



Release and Indemnity Agreement

In consideration of my participation in activities sponsored by the University of Baltimore Campus Recreation and Wellness (“CRW”), I agree to the following:

My participation in CRW programs is voluntary. I agree and acknowledge that use of the Recreation Center and participation in CRW programs involves physical exercise and/or activities which may be strenuous and potentially hazardous. I recognize and fully appreciate that participating in physical exercise and activities involves risks of bodily injury and personal property damage, including, but not limited to, accident, illness, injury to or death of any person or persons involved. I understand that part of the risk involved in undertaking any activity or program is relative to my own state of fitness or health (physical, mental, or emotional), and to the awareness, care, and skill in which I conduct myself in that activity or program. I acknowledge that physical activity includes but is not limited to stretching, walking, running, lifting, pushing, bending, endurance training, physical contact, jumping, twisting, personal interaction, and increased heart rate. I may experience potential health risks, including, but not limited to, transient lightheadedness, faintness, abnormal blood pressure, chest discomfort, leg cramps, nausea, sprains, joint problems, fractures, lacerations, and sports-related injuries. I acknowledge my obligation to immediately inform the nearest supervising employee or program instructor of any pain, discomfort, fatigue, injuries, illness, or any other symptoms that I may suffer during or after my participation in programs, events and/or activities at the Recreation Center. I also acknowledge that the Recreation Center may be warmer than usual during the summer months, and I agree to take the appropriate actions during abnormally hot days which include, but are not limited to, staying hydrated, monitoring my physical well-being, and participating at a moderate and reasonable level.

I understand that CRW strongly recommends that I undergo a complete physical examination by my personal physician before participating in programs, events or activities sponsored by CRW and/or taking place at the Recreation Center. I also understand that CRW strongly recommends that I obtain and/or maintain appropriate insurance coverage and that such insurance coverage, if any, is my (the participant’s) sole responsibility.

I state that to the best of my knowledge, I have no medical, physical, emotional, or mental health condition, which would hinder or prevent my active participation in any physical or sports activity. I represent that I am in good health, physical condition, and physical well-being. I voluntarily and expressly assume full responsibility and all risks for any and all injury, damages or losses, including but not limited to suffering or death, which may result from my participation in any program, event and/or activity sponsored by CRW and/or taking place at the Recreation Center. I agree to release, waive, forever discharge and covenant not to sue State of Maryland, the University System of Maryland, the University of Baltimore, CRW, the Recreation Center, and their agents, servants, officers and employees, successors and assigns (collectively “the Releasees”) from and against any and all liability for injuries, damages or losses, including, but not limited to, property damage, personal injury, suffering or death arising out of or related in any way to my participation in any program, event and/or activity sponsored by CRW and/or taking place at the Recreation Center. I agree to indemnify and hold harmless the Releasees from any and all claims, demands, losses, liability, damages, costs (including attorneys’ fees), actions or causes of action, known or unknown, for injuries or losses arising directly or indirectly from my participation in any program, event and/or activity sponsored by CRW and/or taking place at the Recreation Center whether such injuries or losses arise from my negligent or intentional act, the negligence of the Releasees or any other cause. The terms of this release will serve as a release and assumption of risk for my heirs, executors, administrators and assigns and for all of my family members.

I agree that this Release and Indemnity Agreement shall be construed in accordance with the laws of the State of Maryland. If any term or provision of this Agreement shall be held illegal, unenforceable, or in conflict with any law governing this Agreement, the validity of the remaining portions shall not be affected.

I am of 18 years of age or older. I have carefully read and fully understand that the foregoing Release and Indemnity Agreement is a release of all claims and causes of action for my injury or death or damage to my property that may occur while participating in the programs and activated referenced herein and it obligates me to indemnify the Releasees for any liability resulting from my participation in the programs and/or activities referenced herein.

Participant’s printed name: _____ ID #: _____

Participant’s signature: _____ Date: _____

Signature of witness: _____ Date: _____

Physical Activity Readiness Questionnaire and You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. Please read the questions carefully and answer each one honestly.

- | | |
|---|--|
| 1. Has your doctor ever said you have a heart condition and you should only do physical activity recommended by a doctor? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 2. Do you feel any pain in your chest when you do physical activity? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 3. In the past month, have you had chest pain when you were not doing physical activity? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 4. Do you lose your balance because of dizziness or do you ever lose consciousness? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 5. Do you have a bone or joint problem that could be made worse by a change in your physical activity? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 6. Is your doctor currently prescribing drugs (for example water pills) for your blood pressure or heart condition? | Yes <input type="checkbox"/> No <input type="checkbox"/> |
| 7. Do you know of any other reason why you should not perform physical activity? | Yes <input type="checkbox"/> No <input type="checkbox"/> |

If you have answered YES to one or more questions:

Talk with your doctor BEFORE you become more physically active or BEFORE you have a fitness appraisal. Tell your doctor about this PAR-Q form and to which questions you have answered YES. Talk about the kinds of activities you wish to participate in and follow your doctor's advice.

If you answered NO to all the questions:

If you answered NO honestly to all the above questions, you can be reasonably sure that you can become more active but begin slowly and build up the activity gradually.

Please note:

If your health changes so that you answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed use of the PAR-Q:

The University of Baltimore, the Recreation Center, and their agents assume no liability for persons who undertake physical activity. If in doubt after completing this questionnaire, consult your doctor prior to physical activity

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

Signature:

Date:

Rules of the Recreation Center & Membership Agreement



All members of the University of Baltimore Recreation Center agree to the following:

1. Recreation Center membership is on an individual basis. Only valid and current University of Baltimore staff/student/faculty and Recreation Center members may use the Recreation Center facility. All members must present valid UB ID upon arrival at the front desk. Individuals using the facility without checking in will be escorted out of the Recreation Center and may have additional sanctions placed on them at the discretion of the Director of Student Center and Recreation Programs.
2. Recreation Center hours are posted and subject to change without notice. Patrons of the Recreation Center must vacate the premises by closing time. Members in the Recreation Center after closing will be considered trespassers and are subject to membership termination without refund.
3. No person under the age of 18 is permitted in the Recreation Center. The only exceptions are the University of Baltimore students and events approved by the Director.
4. Stairwell 1 and the elevator are the main entrances into the Recreation Center. All other access points should be used in the event of a fire or other emergency. Anyone violating the policy will be escorted out of the facility and may have their Recreation Center privileges suspended or revoked at the discretion of the Director of Student Center and Recreation Programs.
5. Campus Recreation and Wellness is not responsible for lost or stolen articles. Participants are encouraged to secure all personal belongings and store them in the lockers. Day locks are available at the equipment desk and semester locks are available at the CRW Main Office. Items found unattended should be returned to the CRW Main Office.
6. Equipment and supplies in the Recreation Center are property of the University and should not be misused, abused or removed from the Recreation Center. Any damaged equipment returned or not returned by closing time is the responsibility of the member who checked it out.
7. Guest Passes are available for purchase at the CRW Main Office during open hours. Guest passes may be purchased for immediate use only. To purchase a guest pass, both the sponsor and the guest must present valid state-issued picture ID at the time of entry into the facility. A maximum of two (2) guests per sponsor, per day is allowed. Guests must agree to and follow all CRW rules and policies.
8. If you have a request to change any audio/visual settings on the televisions and radios, please notify CRW staff in the CRW Main Office. Changing these devices is at the discretion of the Operations Supervisor on duty.
9. Towels are given out at the front desk for your convenience. Please return towels after the completion of the workout to the designated bins.
10. Appropriate athletic attire, such as T-shirts, shorts, warm-up suits, sweat suits or aerobic clothing, is required at all times when using CRW facilities. Please see dress codes for specific areas in the Recreation Center.
11. Specific room policies are posted in each room. Members agree to abide by all such policies.
12. Only Recreation Center locks are allowed on long term lockers and members are allowed one long term locker. Tall lockers are for day-use only. Any locks that are left on lockers will be cut and the contents will be saved for two weeks, after which time they will be donated.
13. No food or drink is allowed in the Recreation Center. Water in re-sealable plastic containers is acceptable. Glass containers are not allowed in the Recreation Center.
14. Facilities may not be used for private instructions or to provide service without written permission from CRW.
15. The use of photographic equipment is prohibited, including cell phones with cameras.
16. CRW has a zero tolerance policy for inappropriate and destructive conduct. Verbal or gestured profanity, provocation, pestering, fighting and destruction of property are not tolerated in the Recreation Center. Such behavior will result in ejection from the Recreation Center for the day with potential loss of access privileges at the discretion of the Director of Student Center and Recreation Programs.
17. The University of Baltimore Code of Conduct has outlined policies that University of Baltimore students/staff/faculty and public members have to abide by or will be adjudicated either by the Dean of Students or by a hearing board.
18. Violation of any Recreation Center policy may result in suspension, expulsion, and/or termination of membership without refund. The Director makes all final decisions regarding suspension, expulsion, and/or termination of memberships.
19. Components of this agreement are subject to change at any time. Notice will be posted in common areas and on the website, www.ubalt.edu/campusrec if any changes occur.

Membership Agreement Signature: _____

Date: ____/____/____

2017-18 Operational and Events Calendar

Last updated on 1/4/2017

Dec. 20, 2016-Jan. 2, 2017	Winter Break – Recreation Center Closed
January 16, 2017	Martin Luther King Jr. Day – Recreation Center Closed
March 13-17, 2017	Spring Break – Recreation Center Open
May 24, 2017	Summer Operating Hours in Effect (see below)
May 27-29, 2017	Memorial Day Weekend - Recreation Center Closed
July 4, 2017	Independence Day – Recreation Center Closed
July 21-23, 2017	ArtScape – Recreation Center Closed
August 21, 2017	Normal Operating Hours Back into Effect (see below)
September 2-4, 2017	Labor Day Weekend – Recreation Center Closed
November 22, 2017	Thanksgiving Early Closure – Recreation Center will close at 5 p.m.
November 23-26, 2017	Thanksgiving Break – Recreation Center Closed
To Be Determined	Winter Break – Recreation Center Closed

Recreation Center Hours of Operation

Monday – Friday: 7 a.m.–10:30 p.m.

Saturday & Sunday: 10 a.m.–4 p.m.

Summer 2017 Recreation Center Hours of Operation*

Monday – Friday: 7 a.m.–8 p.m.

Saturday & Sunday: 10 a.m.–3 p.m.

*Hours in effect from May 24 – August 20

CRW Operational Calendar is subject to additional University of Baltimore closures or schedule changes.