

# Angela Athletic & Wellness Complex

## Usage and Membership Policies and FAQs

***This new membership policy will go into effect on Monday, September 10, 2018.***

***After this date, all old memberships will be deactivated.***

<https://reslifefsmc.wufoo.com/forms/angela-fitness-center-membership-form/>

<b>Groups approved for membership</b>	<b>cost</b>	<b>guest privileges (paid option)*</b>	<b>paid family option</b>
SMC students and graduate students	free	yes	no
SMC faculty/staff	free	yes	Yes: \$200/year for spouse/partner \$350/year family
Alumnae	\$200/yr	yes	no
Sisters of the Holy Cross	free	yes	no
SMC retirees/Emeriti	free	yes	no
**Sodexo	\$200/yr	yes	no
**Follett	\$200/yr	yes	no
**First Source	\$200/yr	yes	no
**ECDC	\$200/yr	yes	no
CSC Convent Staff	\$200/yr	yes	no

\*All members have guest privileges.

Guest pass is \$5. Only guests 16 years and older are permitted as guests.

\*\*SMC campus offices only

### Hours of operation:

Angela Athletic & Wellness Complex operates on the Saint Mary's College academic schedule and may be closed or may post limited hours during vacation, finals, or holiday periods. All changes in hours of operation will be posted as early as possible.

### ANGELA ATHLETIC & WELLNESS COMPLEX REGULAR HOURS OF OPERATION

#### Monday – Thursday: 6 am – 11 pm

- Exterior card access necessary to enter between 6 am – 7:30 am and 5:30 pm – 11 pm

#### Friday: 6 am – 8 pm

- Exterior card access necessary to enter between 6 am – 7:30 am.

#### Saturday: 8 am – 8 pm

- Exterior card access only
- Limited hours on home Notre Dame Football Saturdays. We will be open for six hours with our start time three hours before kick-off.

#### Sunday: noon – 11 pm: entry

- Exterior card access only

### Holidays, Academic Breaks, and Summer Break

Closed or limited hours will be announced

- Members must swipe ID/Angela Membership card at desk or sign in at desk and show ID.
- Membership card serves as exterior entry access during non-business hours Monday-Friday and on weekends.

### Proper Attire/Behavior:

- No bare feet; only clean, dry athletic shoes allowed on gym floor and while using fitness center.
- Attire must completely cover the upper torso – no stomach exposure.
- Appropriate use of equipment is expected of all members.
- Respect for other members is expected at all times.
- Inappropriate language/comments to other members will not be tolerated.

- Equipment is not to be removed from the facility.

#### Guest Policy:

- Member may purchase one guest pass for \$5.
- Host member and guest must both sign in at desk.
- Guest must leave their ID with the desk worker.
- Host member is responsible for ensuring that their guest is aware of and will follow the facility rules and regulations.
- Guest must participate in the same activity (or be in the same area) as the host member.
- Only guests 16 years and older may use the fitness equipment.
- Guests under 16 are restricted to use the facility on special family day events.
- Guests under 18 must have a parent/guardian sign the Assumption of Risk statement prior to use of Angela Athletic Facility.

#### Lost Card:

- Must notify Athletics immediately by calling 574-284-4694; replacement fee \$15
- Fee must be paid to the Office of Student Involvement on the 2<sup>nd</sup> floor of the Student Center Office Monday – Friday between the hours of 8 am – 4 pm only. Tell the desk worker that the old ID was lost and a new ID needs made.

#### Restroom and locker room facilities and miscellaneous info:

- Men's and Women's locker rooms are available on the main level of Angela Athletic & Wellness Complex
- Additional restrooms are also located on the lower level of Angela Athletic & Wellness Complex.

#### Equipment Usage/reservations:

- Volleyball and basketballs are available to be checked out at the front desk in the fitness center. Members must leave ID with staff to check out the equipment.
- Members do not have gym floor reservation rights.
- Non-student members may sign up for faculty-staff fitness classes for a nominal fee. If they miss the class registration at the beginning of the semester, they may pay the front desk worker \$5 to attend a class. Members choosing this option must sign into the Guest book and note "Fitness class".
- Main varsity court (center court) is closed to all member usage on game days. Check the website for availability.
- The batting cage is for varsity use only and is off limits to members.
- No dunking is allowed on any of our basketball hoops.

## **Angela Athletic & Wellness Complex Membership Agreement**

For your reference, this is the agreement found on the online registration for memberships (link below).

<https://reslifefsmc.wufoo.com/forms/angela-fitness-center-membership-form/>

#### Member Assumption of Risk and Release:

I understand the risk of injury from physical fitness activities and using any fitness equipment is significant. As with all physical activities, there is an inherent risk of property damage, injury, illness, or death to those who choose to use our Athletic Facility and Fitness Center. While Saint Mary's College endeavors to maintain safe facilities, it cannot protect users from all the risks associated with using our facility. I acknowledge that this is an unsupervised fitness center, and I assume all risks associated with using exercise equipment and exercising alone without the aid and presence of facility staff overseeing my activity.

I HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS SAINT MARY'S COLLEGE, ANGELA ATHLETIC & WELLNESS COMPLEX AND HER EMPLOYEES WITH RESPECT TO ANY AND ALL INJURY, DISABILITY, DEATH, LOSS OR DAMAGE to person or property that may arise out of or in connection with my use of any of the equipment or the facilities of Angela, or any incident that occurs while using such facilities, or otherwise related to my membership and use of the facilities. I expressly agree that this release is intended to be as broad and inclusive as permitted by applicable law and if a portion of this release is held invalid, the balance shall remain in full force and effect. This release shall apply to my heirs, assigns, personal representatives, and any other next of kin. I understand that Angela Athletic & Wellness Complex is relying on this release in agreeing to enter into this agreement.

I HAVE READ THE RELEASE OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. I FULLY UNDERSTAND ITS TERMS AND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND SIGN IT FREELY AND VOLUNTARILY WITHOUT ANY INDUCEMENT.

Additional terms and conditions – I hereby confirm that I am aware of and agree to the terms and conditions.

Release for Adult Members:

I understand and agree that:

- I am 18 years old or older
- There are risks associated with using the facility and that I have voluntarily chosen to use Angela Athletic & Wellness Complex despite those risks.
- I assume and take full responsibility for all risks, whether known or unknown, of using Angela Athletic & Wellness Complex.
- I am solely responsible for any loss or damage I might incur as a result of using Angela Athletic & Wellness Complex.
- I waive my right to sue Saint Mary's College or its employees or agents for any damage or loss arising from the use of Angela Athletic & Wellness Complex even if such loss or damage is caused by or related to Saint Mary's College's negligence.
- I have read this release, I understand it, and I agree to its terms.

**A Release for minors** must be signed by legal guardian before approved members under 16 have facility usage privileges.

#### **ADDITIONAL TERMS AND CONDITIONS**

**MEMBER OBLIGATIONS:** MEMBER agrees to abide by all facility policies, follow the directions of the staff regarding safety and security issues, and to treat the staff and other MEMBERS with courtesy.

#### **SUMMARY OF MEMBERSHIP POLICIES**

1. MEMBER, by executing this Agreement, is hereby entitled to the use of the facilities. The MEMBER will be required to bring his/her own athletic equipment and clothing.
2. MEMBER must present and swipe his/her membership card upon entry to facility during non-business hours. MEMBER understands that MEMBER may be denied access to the facility without his/her membership card.
3. MEMBER must swipe card at front desk as MEMBER's electronic signature assuming all usage risk.
4. MEMBER agrees to abide by all membership regulations of the facility. MEMBER agrees to comply with stated and customary rules for participation and use of equipment.
5. MEMBER's dues will not be returned for non-use of the facility. If the facility becomes temporarily unavailable due to an event such as fire, flood, or the like, we will extend the MEMBER's membership privileges for the period the facilities were unavailable. Facility will operate on the Saint Mary's College academic schedule and may be closed during vacation periods or post limited hours during those periods. MEMBER dues are year-to-date and not pro-rated.
6. If MEMBER violates this Agreement and the terms contained therein or any of the rules and regulations for use of the facility, management may suspend the MEMBER's right to use the facility until such time as the MEMBER provides the management with reasonable assurance of future compliance. During the period of any such suspension, the MEMBER shall not be entitled for a credit of any prepaid dues or for an extension of membership. In the event the MEMBER continues to violate the terms of this Agreement or the rules and regulations of the facility, the MEMBER's membership may be terminated by the management of the facility.
7. MEMBER agrees that he/she shall not engage in any type of business activity while using the facilities and that MEMBER's membership can be terminated if he/she does.

8. MEMBER agrees to abide by the dress code of the facility. No bare feet are allowed. Only athletic shoes are allowed on the gymnasium floor and in the fitness area. Attire must completely cover the upper torso – no stomach exposed.
9. MEMBER agrees that MEMBER should not use loud or profane language upon the facility premises nor shall MEMBER molest, badger, assault, or harass other MEMBERS, guests or employees. Such behavior will result with membership termination.
10. MEMBER agrees not to use or bring drugs, steroids, or alcohol on the facility premises. MEMBER also understands that this is a non-smoking facility.
11. MEMBER authorizes the management of the facility to contact them by phone or email.
12. For the following membership types: CSC Convent, ECDC (Saint Mary's Campus), 1<sup>st</sup> Source (Saint Mary's Campus), Follett (Saint Mary's Campus), and Sodexo (Saint Mary's Campus) employees – membership to Angela Fitness Center is contingent upon employment at host approved member. If member is no longer employed with host member, Angela Fitness Center membership will be terminated.
13. If MEMBER is no longer employed with host member, all requests for a refund must be made in writing and submitted to the Director of Athletics. All requests will be reviewed to determine if a refund is due. All decisions are final.
14. Angela Athletic & Wellness Complex retains the right to modify these policies without warning.

#### **SAFETY NOTICES**

1. MEMBERS are allowed to bring one guest at a cost of \$5.00 per visit payable at the front desk (cash or check)
2. MEMBERS that bring a guest are responsible for their guest. MEMBERS agree to take responsibility for their guest's understanding and abiding by facility policy. Guests must sign the Assumption of Risk statement in the sign in book at Angela Front Desk prior to use of facility.
3. MEMBERS may not allow anyone else to use their membership card. Loss of membership card must be reported immediately to the facility. Call Diane Carter: 574-284-4694 to report lost membership card.
4. It is each MEMBER's responsibility to wipe down the equipment after usage with the towels and disinfectant solution provided in the fitness area.
5. All weights and Physical Education equipment must be returned to its original location after usage.
6. Cell phone usage is prohibited while using fitness equipment.
7. MEMBERS are asked to report broken or damaged equipment to the desk worker. Desk workers will report the problem to the departmental staff and will immediately mark the equipment with a "Do Not Use" Sign.
8. Persons under the age of 16 are not permitted to use the facility except on designated family nights.

# FAQs

## Angela Athletic & Wellness Complex Membership

### **Who qualifies for membership to Angela Athletic & Wellness Complex?**

**Free** memberships are offered to the following:

- Saint Mary's students (undergraduate and graduate)
- Sisters of the Holy Cross
- Saint Mary's faculty, staff, and retirees/Emeriti

**Paid** membership options are offered to the following groups:

- Saint Mary's alumnae
- Spouse or partner of Saint Mary's faculty/staff (family membership options are also available)
- Sodexo, First Source Bank, Follett, ECDC, CSC employees

### **What is the cost?**

Saint Mary's Students – Free

Saint Mary's Faculty-Staff – Free

Spouse/partner membership is \$200 per year

Family membership is \$350 per year

Saint Mary's Retirees/Emeriti - Free

CSC Sisters – Free

CSC Employees - \$200 per year

Saint Mary's Alumnae - \$200 per year

Sodexo Employees - \$200 per year

First Source Employees - \$200 per year

Follett Employees - \$200 per year

ECDC Employees - \$200 per year

Members are permitted to bring a guest for \$5 per visit.

Guests must be 16 years and older. Guests under the age of 16 must have their legal guardian sign an assumption of risk for them to use the facility.

### **What are the hours of operation for Angela Athletic & Wellness Complex?**

While hours are subject to change, our hours are currently as follows:

- During the academic year:
  - Monday – Thursday: 6 am – 11 pm
  - Fridays: 6 am – 8 pm
  - Saturdays: 8 am – 8 pm
  - Sundays: noon – 11 pm
- Holidays, academic breaks, and summer hours
  - Closed or limited hours will be announced
  - Limited hours will also be announced for home football Saturdays.

### **What type of equipment and activities do you offer?**

We have free weights, machine weights, cardio machines that include: spin bikes, recumbent bikes, treadmills, steppers, and ellipticals; we also have bosu balls, physio balls, and an open aerobic area for stretching and individual workouts. There is a dedicated spin room as well as additional room available for yoga, pilates, TRX. A three court fieldhouse is available with space for tennis, volleyball, basketball, and free recreation. There is also a 3 lane track.

Faculty, staff and members can register for faculty-staff fitness classes for a nominal fee at the start of each semester. We also have a walk-in option for these classes at a cost of \$5 per class for those that missed pre-registration.

### **Are there locker rooms and shower facilities that I can use?**

There are locker rooms and showers available in Angela Athletic & Wellness Complex. The lockers are available on a per day basis. Items are not to be left in lockers overnight.

### **How do I activate my membership?**

The link to the membership forms are located on our athletic website as well as here:

<https://reslifesmc.wufoo.com/forms/angela-fitness-center-memberships-copy/>

Faculty and staff that opt for the Add-On options: additional paperwork will be required for those over 18 years of age.

After submission, the process typically takes one to two business days. Upon approval, an Angela usage ID will be authorized for access to our fitness spaces. Member will need to go to the Office of Student Involvement on the second floor of the Student Center to get their photo taken for their Membership ID. Member must present a photo ID to the Student Involvement staff member in order to get the new Angela Athletic Access card.

***Saint Mary's College students, faculty and staff*** with a current Saint Mary's ID are already members – no activation necessary. Use your current Saint Mary's ID.

### **Can my spouse and children use the facility?**

**Faculty/staff can add a spouse or partner to their membership for an additional \$200 per year. If adding more than one family member to the membership there is a family option for \$350. It should be noted that children under the age of 16 are not permitted to use the facility except on designated family nights.**

***Alumnae, SMC Retirees/Emeriti and employees of First Source, Follett, Sodexo, ECDC, and CSC*** may bring one guest with them for \$5 per visit.

### **Are there any limitations to my family members' usage of the facility?**

Yes. Family members cannot bring guests. Family members under the age of 16 must be accompanied by the sponsoring faculty/staff member. Members under the age of 16 cannot use the fitness equipment. Facility usage by minors is limited to the track, and the fieldhouse or performance courts. Members under the age of 16 cannot use the weight or cardio equipment. Children under the age of 16 are not permitted to use the facility except on designated family nights.

### **Can I bring a guest?**

All approved members may bring a guest for \$5 per visit as long as the guest participates in generally the same activity as the sponsoring member. Guest must sign in and leave their ID at the front desk. The sponsoring member is responsible for their guest's behavior and ensuring that the guest follows our usage rules and regulations.

**Can members of my family bring guests?**

No. Only Saint Mary's students, faculty, staff, and Angela Athletic & Wellness Complex Members have guest privileges.

**I am fac-staff at Saint Mary's. My 18 year old son would like to use the facility. Do I have to be with him?**

Not if he has a membership. Family members ages 16 and older have the privilege of using the facility as long as they have been properly registered and have been issued their Angela usage picture ID card.

**I am fac-staff at Saint Mary's. My 16-year-old would like to work out with me. Is this ok?**

If you have paid for a family membership and completed all appropriate paperwork including the minor assumption of risk statement, the answer is yes. If you have not paid for the family membership add-on, they you would have to pay the day pass fee of \$5 and sign the assumption of risk for your 16-year-old to use the facility with you.

**I am fac-staff at Saint Mary's. My 14-year-old would like to work out with me. Is this ok?**

No. Children under the age of 16 are not permitted to use the facility except on designated family nights.

**I am fac-staff at Saint Mary's that purchased an add-on membership so that my husband can use the facility. My husband would like to bring one of his co-workers with him to work out. Can this be arranged?**

No. Only the person that qualifies for membership are offered guest privileges. Add-on members do not have guest privileges.

**I work at Sodexo and have a yearly membership. Can I bring my husband (daughter/son) with me to work out?**

You are allowed one guest per visit at \$5 per visit. Your daughter/son is allowed as long as they are over the age of 16. Minors must have an assumption of risk statement signed by their legal guardian prior to using the facility.

**I am an alumna. Can I bring a guest?**

Alumnae who have a paid membership are allowed to bring one guest (16 and older) for \$5 per visit. Minors must have an assumption of risk statement signed by their legal guardian prior to using the facility.

**I am a member of the Board of Trustees/a College Leadership Board (i.e. Parents' Council)/Special Guest of the President/Cabinet/College. Can I use the athletic facility?**

Yes. Your sponsor simply needs to contact the Athletic Department, and we will issue you a special guest pass for your use during your visit/stay on campus.

*Revision September 11, 2018*