



SUNY Canton Fitness Complex
Membership Application
 Canton, NY 13617
 Phone: (315) 386-7989

PERSONAL INFORMATION – Please print clearly

NO NICKNAMES PLEASE

NOTE: There is a \$10 replacement charge for lost cards

Last Name _____ First Name _____ Initial _____

Mailing Address _____

City _____ State _____ Zip _____ Phone _____

Gender M F Date of Birth _____ (Seniors/Youth: Proof of Age required) Age _____

Physician _____ Emergency Contact _____ Phone _____

****For notification of closures, holiday hours, class schedules and notice of renewal dates****

Email _____

FAMILY MEMBERSHIP INFORMATION – Please print clearly ** (GO TO NEXT PAGE IF N/A) **

If applying for a family membership, please provide information for each **authorized** immediate family member. **Each family member over the age of 14 must fill out separate application forms.** Immediate family is identified as spouse and children **ages 21 and under**. Children over 21 are valid only if HR has determined they are covered under the family insurance policy.

Name _____ Age _____ Date of Birth _____

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FOR OFFICIAL USE ONLY

INITIAL TERM: ____ / ____ / ____ to ____ / ____ / ____

SUNY Canton Student

AMOUNT: _____

SUNY Canton Faculty/Staff

STAFF INITIALS: _____

SUNY Canton Retiree

Spouse/Dependent of F/S/R - DEPENDANT OF: _____

Alumni Year of Graduation: _____

Adult (14-59)

FORMS OF PAYMENT ACCEPTED:

Senior (60+)

CASH, CHECK, CREDIT CARD

State Employee

****Banner ID (barcode scanner) -** _____

Family Primary

**** Social Security # -** _____

Family Dependant

**** IOS# -** _____

DEPENDANT OF: _____

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

PAR-Q is designed to help you help yourself. Many health benefits are associated with regular exercise, and the completion of PAR-Q is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people physical activity should not pose any problems or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check **YES** or **NO** opposite the question if it applies to you. If yes, please explain.

<u>YES</u>	<u>NO</u>	
_____	_____	1. Has your doctor ever said you have heart trouble? Yes, _____
_____	_____	2. Do you frequently have pains in your heart and chest? Yes, _____
_____	_____	3. Do you often feel faint or have spells of severe dizziness? Yes, _____
_____	_____	4. Has a doctor ever said your blood pressure was too high? Yes, _____
_____	_____	5. Has your doctor every told you that you have a bone or joint problem(s) such as arthritis that has been aggravated by exercise, or might be made worse with exercise? Yes, _____
_____	_____	6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to? Yes, _____
_____	_____	7. Are you over age 60 and not accustomed to vigorous exercise? Yes, _____
_____	_____	8. Do you suffer from any problems of the lower back, i.e., chronic pain, or numbness? Yes, _____
_____	_____	9. Are you currently taking any medications? If YES, please specify which ones. Yes, _____
_____	_____	10. Do you currently have a disability or a communicable disease? If YES, please specify the condition. Yes, _____

If you answered NO to all questions above, it gives a general indication that you may participate in physical and aerobic fitness activities and/or fitness evaluation testing. The fact that you answered NO to the above questions is no guarantee that you will have an abnormal response to exercise. If you answered YES to any of the above questions, then you need written permission from a physician before participating in physical and aerobic fitness activities and/or fitness evaluation testing at SUNY Canton Fitness Complex.

Signature

Date

Please Note: If you contract a communicable disease, it is your responsibility to inform the staff of the SUNY Canton Fitness Complex of this condition and your membership may be suspended until this condition is cured or in a state of remission.

Fitness Center General Policies

Everyone MUST check in and have their SUNY Canton ID card scanned before using the Fitness Center. Everyone must complete the necessary screening paperwork and orientation before becoming a member.

1. Guests of members and visiting non-members may purchase a daily pass at the rate of \$5.00 per day. Day pass users MUST sign a waiver.
2. You must be at least 14 years old to use the Fitness Center.
3. **APPROPRIATE ATTIRE** must be worn:
 - CLEAN, DRY non-marking athletic shoes (please carry your workout shoes to the Fitness Center)
 - NO jeans
 - NO hiking boots, work boots, or sandals
 - A shirt must be worn at all times
4. Bring your own towel with you for your personal use. However, the Fitness Center will supply towels for cleaning the equipment.
5. NO food, beverage, gum, or tobacco is permitted. Water in a plastic bottle is the only exception!
6. NO horseplay, yelling, spitting, offensive language, or loitering.
7. Individuals or groups are not permitted to dominate any area of the Fitness Center.
8. Show respect and courtesy toward Fitness Complex staff, equipment, and other members at all times.
9. Inappropriate conduct or misuse of equipment is at the discretion of the Fitness Center Director and/or on-duty supervisor and may result in a loss of membership privileges.
10. Coaches will also be informed regarding student-athletes who abuse Fitness Center policy.
11. Equipment is to be used for its intended purpose only. Please report any injuries or equipment malfunctions to the Fitness Center staff immediately.
12. For your safety, please warm up and cool down sufficiently.
13. Persons with open wounds or communicable diseases are not permitted to use the Fitness Center. Inform the Fitness Center staff if you develop a communicable disease.
14. Personal belongings should be left in the locker room or behind the front desk. The Fitness Center is not responsible for lost or stolen items.
15. **LOCKERS** - Daily use lockers are available on a first come, first serve basis. You must provide your own lock. Locks must be removed each day. Daily use locks left on lockers will be **CUT OFF** and contents discarded. You will not be refunded for the lock. Management is not responsible for any lost or stolen items. You may rent a locker for one year for \$60.00 if you have purchased a year membership.

Free Weight Area Policies

1. Do not drop or throw weights.
2. Do not step, stand, or rest bars or dumbbells on upholstered benches.
3. Use proper form and technique. Due to the high risk of injury, the Fitness Center recommends you utilize a spotter when training with free weights.
4. Use safety stops at all times.
5. Remove plates from bars when finished.
6. Return all plates, dumbbells, and accessories to the appropriate racks when finished.
7. Wipe off the equipment when you are finished.

Cardiovascular Equipment Area Policies

1. Wear clean shoes ALWAYS. Dirt and debris on the equipment cause unnecessary wear and tear.
2. Limit your workout time to 30 minutes on cardiovascular equipment during peak times.
3. Use the signup sheets when equipment is occupied so members can use the equipment on a first come, first served basis.
4. Start treadmills before stepping on the belt. Stand on the side platforms, start treadmill, then step on carefully.
5. Return treadmills to slow speed and 0% grade before stopping them when you are finished.
6. Wipe off controls, seats, and handles when you are finished.

Resistance Circuit Policies

1. Raise and lower plates carefully. Plates should not be dropped or clank together.
2. Use the proper settings for your height to maximize effectiveness and minimize your risk of injury.
3. Do not rest on equipment between sets. Allow others to work in with you.
4. Wipe off the equipment when you are finished.

I have thoroughly read the policies of the SUNY Canton Fitness Center. I have had an opportunity to ask questions and feel I understand the etiquette of this facility. I will treat the staff and equipment with respect. If I do not follow these policies, I understand that I will not be permitted to use the SUNY Canton Fitness Center.

Print Name

Signature

Date

**STATE UNIVERSITY OF NEW YORK
COLLEGE OF TECHNOLOGY AT CANTON**

ASSUMPTION OF RISK

NAME: _____ ID# _____

ADDRESS: _____

TELEPHONE: _____ DATE OF BIRTH: _____

I fully realize that the activities of the *SUNY Canton Fitness Complex* involve dangers that are not foreseeable and that risks are involved in participating in these activities.

I hereby completely assume all risks attached to the activities of this program and I do clearly and irrevocable declare that every act that I might do in participating in such activities is done of my own free will.

I further agree to hold harmless the State University of New York, their officers, directors, agents, employees, instructors and associates from any and all manner of third-party actions or claims and agreed to reimburse any claims against the State of New York, State University of New York, and their officers, directors, agents, employees, instructors and associates arising by reason of my participation in this program.

I hereby declare that I have completely read, fully understood and voluntarily accept the terms of this statement.

DATE

Signature of the Participant

[Both Parents or one Custodial Parent, Date or Guardian **must** sign (if participant is under age 18)]

Date _____

Date _____

FITNESS COMPLEX REGULATIONS

Shoes & Gear: Only members with **clean dry shoes** will be allowed to use the fitness complex, Dana Hall and field house. Please bring a change of shoes with you to prevent any conflict. Shoes worn on the main court must be non-marking soles. Bags and excess outerwear should be kept behind the front desk located in the fitness center. Open toe shoes are not permitted in the fitness center.

Lockers: Daily use lockers are available on a first come, first serve basis. You must provide your own lock. Locks must be removed each day. Daily use locks left on lockers will be **CUT OFF** and contents discarded. You will not be refunded for the lock. Management is not responsible for any lost or stolen items. You may rent a locker for one year for \$60.00 if you have purchased a year membership.

Parking: Parking for members is in the lot 4 and lot 5. Parking in a non-specified space will be ticketed and/or towed at owner's expense.

Tennis Courts: Members wishing to use the tennis courts may do so on a first come first served basis. Please **limit use to 2 hours** when playing. Staff will be available to set up and take down tennis nets. Please use their assistance if you are unfamiliar with this procedure. Valid membership card required.

Children: Children 13 and under **must have parental supervision** while in the fitness complex and are not permitted to horseplay to include running and yelling. **Children and adults are not permitted to climb or jump on mats or play in the sand pits.**

Fitness Classes: Classes are offered to all fitness complex members and community on a first come first serve basis.

Pool: Open to members. Members must shower before entering pool. Lifeguard must be present for use of pool. Hours vary - please call 386-7989 for current hours. Birthday Parties available with prior arrangements. Call John Vandever @ 386-7051 for more details. **NO HORSEPLAY, NO DIVING, NO JUMPING OFF DECK. CAUTION: DECK FLOORING IS SLIPPERY. PLEASE TAKE PROPER PRECAUTION.**

Field House: Open to Members. Clean/dry shoes only. Please no street shoes, no glass bottles and no spitting on ground. Please do not rollerblade on the track. **Track Signs:** To ease the use of the track for walkers and runners, please be sure to follow the lane/direction assignment for walkers and runners which is located on the track. Please follow this regardless of how many people are on the track.

Athletic Fields: Not available for recreational use without prior approval. Please do not walk dogs on playing fields.

ID Card: If an ID card is lost, stolen or damaged a \$10.00 replacement fee will apply to replace your card. This fee is paid to College Association to cover replacement costs.

Call Fitness Center @ 386-7989 with questions or concerns