

# MMI Fitness Center Guidelines

We expect all MMI staff and students using the gym to adhere to guidelines designed to create a safe and inclusive environment.

## Guidelines

- All Fitness Center users are advised to seek medical consultation and clearance before embarking on any exercise programs.
- MMI is not responsible for injury which may result from the use of equipment and takes no responsibility for loss of personal items.
- The Fitness Center is for MMI staff and students only unless used in conjunction with supervised therapy by an MMI provider.
- To ensure a comfortable atmosphere for all, please be courteous and respectful to others using the facility.
- Limit your time on machines to 30 minutes when others are waiting.
- Appropriate exercise attire required (no jean cutoffs, strapless blouses, swimsuits, open-toed shoes, sandals, flip-flops or bare feet). Shirts and shoes must be worn at all times.
- **No food or beverages (except water) are allowed in the Fitness Center.**
- Prior to using the equipment, read warning and instruction placards on each machine.
- Equipment should be used for the purpose it was intended for only.
- Do not use weights while on cardio equipment.
- Participants who lift free weights should have a spotter.
- Chalk is not to be used in our facility.
- The use of a personal towel is required.
- Wipe down equipment with products provided by EVS when exercise is done.
- Return all equipment to their appropriate area when finished. Do not drop weights on the floor.
- Pick up personal effects (towels, water bottle, magazines, etc.).
- Equipment is not to be removed from the Fitness Center.
- Report any piece of equipment that is not functioning properly to Melonie Welsh. Do not attempt to use, move, or fix any piece of equipment that is not functioning properly.

**Contact Melonie Welsh with questions regarding these guidelines:**

402-559-9828 | [melonie.welsh@unmc.edu](mailto:melonie.welsh@unmc.edu)

**Failure to comply with the above rules may result in loss of Fitness Center privileges.**

**Munroe-Meyer Institute Employee & Student Fitness Center**

**NOTICE OF ASSUMPTION OF RISK – WAIVER AND RELEASE**

In consideration of being permitted to use the MMI employee and student fitness center. I, the undersigned, individually and on behalf of my personal representatives, heirs, and assigns, acknowledge and agree to the following:

1. I understand that engaging in any form of physical exercise, using the MMI employee and student fitness center for any purpose could pose a serious risk to my health or cause death and that this risk is in part dependent on my level of fitness, medical condition, and exercise choices. I understand it is strongly recommended that I first consult a physician to establish whether it is appropriate for me to engage in the activity for which I will use the MMI employee and student fitness center. Further, I agree that if I notice any change in my physical condition that could indicate a health risk if I continue to use the MMI employee and student fitness center, I will promptly consult a physician and follow my physician’s recommendations about the continued use of the fitness center.

2. I understand that my MMI employee and student ID badge gives me access to the MMI employee and student fitness center, and further agree not to share that card with anyone else nor allow anyone access to the fitness center with my badge.

3. I understand it is recommended that I orient myself to safe and appropriate use of all equipment in the Employee and Student Fitness prior to use.

4. I agree that if I engage in any form of physical exercise at the MMI employee and student fitness center I do so at my own risk. I agree that I am voluntarily participating in activities and the use of the MMI employee and student fitness center, and, to the fullest extent permitted by law, I assume all risk of injury, illness, damage or loss to me or my property.

5. I will follow all posted MMI employee and student fitness center rules, which rules may be changed from time to time by MMI. If I violate these rules, I assume all risk of injury, illness, damage, or loss to me or my property or to MMI employee and student fitness center property. I understand that my failure to follow all posted rules can result in the revocation of my right to use the MMI employee and student fitness center.

6. I will inspect all equipment and facilities to be used and will not use any equipment which I believe to be damaged or defective. I will promptly notify the fitness center coordinator or their designee of anything which I think could be damaged or defective.

7. I am allowed one consented guest, except under noted conditions, who must be always accompanied by me.

8. To the fullest extent permitted by law, I agree to waive all claims against Munroe-Meyer Institute , University of Nebraska Medical Center arising out of my use of the MMI employee and student fitness center and to indemnify and hold Munroe-Meyer Institute, University of Nebraska Medical Center and their agents harmless from any liability, damage, injury or cost, including reasonable attorney fees they may incur as a result of my presence or use of the Providence employee fitness center; except to the extent such loss, liability, damage or cost results from the negligence of the Munroe-Meyer Institute, University of Nebraska Medical Center or their agents or employees.

I, \_\_\_\_\_, (please print) hereby represent that I am 18 years or older, and that I have read, understand, and agree to the assumption of risk-waiver and release and Rules and Regulations stated below.

---

Signature & Date

---

Contact Number

**Return form to MMI Community Engagement:** in Administrative Suite (or) email to [mmiCommunityEngage@unmc.edu](mailto:mmiCommunityEngage@unmc.edu)