

FEDERAL OCCUPATIONAL HEALTH
FEDSTRIVE FITNESS CENTER MEMBERSHIP APPLICATION

STAFF USE ONLY — NAME: _____ DATE: _____ NEW / RENEWAL



Health & Wellness Fitness Center
(HHH Building)

Hours of Operation

Monday through Friday

5 a.m. to 9 p.m.

Phone: 202-690-8029

<http://foh.psc.gov/fohservices/whps/fitnesscenter/hhh>



**FedStrive Fitness Center (HHH-HWFC)
FedStrive Member Application/Agreement**

NAME: _____
(Last) (First) (MI)

WORK EMAIL: _____

EMERGENCY INFORMATION

Work Address: _____ Work Phone: _____

Supervisor's Name: _____ Room: _____ Phone: _____

Please list whom we should contact in case of an emergency:

Name: _____ Relationship: _____

Cell Phone: _____ Work Phone: _____

AGREEMENT

Welcome to the FedStrive fitness center. Congratulations on choosing to make regular exercise a part of your life. Increases in your physical activity may impact your health. If you have any concerns, please consult your health care provider before participating in the fitness center. Only engage in exercises that you can perform safely and comfortably. Please initial below that you have completed the necessary screenings for use of the FedStrive fitness center facilities.

_____ I have completed my cardiac risk profile (CRP)

_____ I have completed my Wellness Profile at fedstrive.foh.psc.gov

PLEASE SUBMIT THIS PACKET TO THE FITNESS CENTER STAFF

- Packets will be accepted from 8 to 10 a.m. and 3 to 4 p.m.
- Hours of operation: Monday – Friday, 5:00 a.m. to 9:00 p.m.
- Phone number: 202-690-8029

For Staff Use Only:

Member Log	<input type="checkbox"/>	staff initial	
Badge Access	<input type="checkbox"/>	staff initial	Card Number: _____
Orientation	<input type="checkbox"/>	staff initial	Locker Number (if applicable): _____



Waiver and Release of Liability

The undersigned participant of the FedStrive fitness center (“Member”) represents and warrants to the Department of Health and Human Services (“HHS”) and Federal Occupational Health (“FOH”) that Member is in adequate physical condition and has no medical infirmity or impairment that could prevent Member from safely using the fitness center (“FC”) facilities. Member agrees to consult with a health care professional regarding any health or medical concerns prior to using the FC facilities.

Member voluntarily assumes all risks of personal injury or property damage sustained by Member and arising out of or in connection with Member’s use of FC facilities, equipment, services, or programs. Member waives any and all claims or actions that Member may have against FC, the HHS and any employees or contractors of the HHS, any other employing FC entity, and officer or employee of the HHS, and FOH for any personal injury or property damage sustained by Member and arising out of or in connection with Member’s use of FC facilities, equipment, services, or programs including, but not limited to, personal injury or property damage arising from (i) Member’s use of weights, machinery, equipment, or other apparatuses designed for exercising, whether supervised or unsupervised, and (ii) Member’s participation in exercise programs or activities, whether supervised or unsupervised.

Member agrees and acknowledges that FC, FOH, the HHS, other employing FC entities, and all contractors and employees of the HHS shall not be liable to Member for any claims, demands, or causes of action for personal injury or property damage sustained by Member and arising out of or in connection with Member’s use of FC facilities, equipment, services, or programs.

Member hereby holds FC, FOH, the HHS, all other employing FC entities, and all contractors and employees of the HHS harmless from any and all claims, demands, or causes of action which may be brought against them by Member or on Member’s behalf for any personal injury or property damage arising out of or in connection with Member’s use of FC facilities, equipment, services, or programs.

Signature of Member

Date

Printed Name of Member



Member Rules, Responsibilities, and Courtesies

- Must be a full-time, permanent HHS federal employee of the Southwest Complex (Humphrey, Switzer, Cohen, Thomas P. O’Neil Jr., Patriot’s Plaza, or 409 3rd St. buildings) to be eligible for a free FedStrive fitness center (FC) membership.
- Participants must comply with the FedStrive federal employee wellness program requirements to gain membership.
- The FedStrive program and the FC cannot be held responsible for lost, stolen, or damaged personal property. Lockers are to be used at a member’s own risk.
- Lockers inside the FedStrive FC are for use during workouts only; personal items may not be stored at any other time. If day-use lockers are not emptied by closing time each day, fitness center staff will remove locks and all items in the lockers and keep items for ten (10) business days, after which items will be removed. The FC staff is not responsible for locks or items removed during this procedure.
- *Lockers outside the FC are designated by assignment only.* Any locks on unassigned lockers will be cut and locker contents will be removed. FC staff will maintain these items for 10 business days and then any unclaimed items will be removed. The FC staff is not responsible for locks or items removed during this procedure.
- *The FC is not responsible for unclaimed items.* As a courtesy to our members, lost and found items will be held for 10 days and then any unclaimed items will be donated.
- All participants are required to wipe down the equipment after each use. For safety, this includes the floor area surrounding the equipment. It’s highly recommended to wash personal gym attire frequently to prevent bacteria transmission and odors.
- Shirts, shoes, and modest fitness attire must be worn at all times in the fitness area. Sandals, open-toed shoes, and business shoes are not permitted. In addition, any attire or clothing that is deemed to be potentially destructive to the exercise equipment will not be permitted (i.e. clothing with metal snaps, protruding metal components, etc.).
- No guests are permitted; only members are allowed in the FC.
- Covered plastic containers are the only acceptable beverage containers allowed in the FC. No glass containers are permitted.
- Use sign-up sheets for all cardiovascular equipment. When others are waiting to use equipment, limit use of equipment to 30 minutes.
- Members must be on-site in order to reserve exercise equipment and use the locker room.
- Allow others to “work-in” on strength training equipment when performing multiple sets. If another member is using strength equipment, please let them know you would like to “work in.”
- Return all equipment to its proper storage area. This includes dumbbells, barbells, weight plates, yoga mats, balls, tubing, and other items.
- For the safety of other members and your personal items, gym bags may not be carried around the fitness floor.

I have read, understand, and agree to the terms of this membership agreement.

Print Name: _____

Agency/Division: _____

Signature: _____

Date: _____

Updated – September 2016

