



Rambling River Center Membership Application & Renewal Form

New: _____ Renewal: _____ Date: _____

Yearly membership: \$35.00 per person

Name: _____

Phone: _____

Address: _____

City: _____ Zip: _____

Female__ Male__

Birth Date __/__/__

Anniversary Date __/__/__

Email: _____

Referred by: _____

Emergency Contact: _____

Phone: _____

Emergency Contact: _____

Phone: _____

All members using fitness room must attend orientation - sign up is at front desk!!

Waiver and Release In Consideration of participation in a class, trip, program ,event or fitness room use or activity offered by the Rambling River Center and City of Farmington, I, the below undersigned, agree to indemnify and hold the City of Farmington, its council, The Rambling River Center, and their officers, agents and employees, volunteers, independent contractors and instructors from and against any liability arising out of or connected in any way with my participation in a class, trip, program ,event or fitness room use or activity. Even though that liability may arise out of negligence or carelessness on the part of the person or entities mentioned above. I understand that accidents and injuries can arise from participation in a class, trip or activity; knowing the risks, nevertheless, I hereby agree to assume those risks on behalf of me and to release and to hold harmless all of the persons or entities mentioned above whom (through negligence or carelessness) might otherwise be liable to me (or my heirs or assignees) for damages. It is further understood and agreed that this waiver, release and assumption of risks has been freely entered into and is to be binding on my heirs and assigns. I have read and agree to registration and program policies. Further, I agree to allow use of my image, which may be captured through video, photo, digital camera or other media, for City of Farmington, and/or the Rambling River Center promotional materials and publications. By my signature below, I acknowledge that I have read this document and understand its contents.

Tennessee Warning

Under the Minnesota Government Data Practices Act (Minn. Stat. 13.548), your name, address, telephone number, and email are private data. You may choose not to provide some or all of this private data, but it may limit your ability to participate in this program. For example, your contact information is needed to provide information to you such as newsletters, programs, cancellation information, etc. By signing below, you are consenting to allow registration information to be shared with city park and recreation staff, and other registered program participants in order to administer this activity. This consent expires upon membership expiration.

Signature _____ Date _____

Circle Method of Payment: Cash Check # _____ FSP

Entered in system : _____ Entered by: _____ Membership Card: _____

Rambling River Center – Jack & Bev McKnight Fitness Room

Rules & Regulations

Prior to Using the Fitness Room all members Must Complete Orientation- sign up at Front Desk

Dress Code

1. Participants should wear proper training attire, particularly shirts and athletic shoes, at all times. Jeans and khakis are not acceptable, as well as, shirts that expose the navel.
2. Supervisors are not responsible for users' personal belongings or lost or stolen items.
3. Jewelry such as loose necklaces, bracelets, hanging earrings, and watches should not be worn.
4. The on-duty supervisors have authority over all weight room conduct and use of equipment, and may expel a participant from the facility for failure to follow instructions.
5. **NO STREET SHOES ALLOWED IN THE FITNESS CENTER**

Weight Room Etiquette

1. All participants are required to use collards on the ends of barbells.
2. Participants should keep feet off the wall.
3. All squatting techniques with a barbell are to be done within the squat racks.
4. Participants should utilize spotters when necessary for structural exercises.
5. Participant should move weights from the racks to the bar only. They should never set plates on the floor or lean them against equipment or walls. Participants should return dumbbells to the rack in the proper order. Participants should not drop or throw weights or dumbbells.
6. Tobacco, food, glass bottles, alcohol, drugs and banned substances are not allowed.
7. Participant should show respect for equipment and facilities at all times. Spitting in or defacing the facility is not tolerated and will result in immediate expulsion.
8. The fitness room requires concentration. Horseplay, loud or offensive language, or temper tantrums are not permitted.
9. Participants should immediately report any facility-related injury, or facility or equipment irregularity to the supervisor on duty.