University of Baltimore Recreation Center
Membership Form

All membership fees are due at time of signing up. You must have a Picture ID, Payment, and Proof of eligibility for certain membership rates that we offer in order to have a membership with Campus Recreation and Wellness.

<table>
<thead>
<tr>
<th>Membership Fees</th>
<th></th>
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</tr>
</thead>
<tbody>
<tr>
<td>Please check off the type of membership you want to purchase.</td>
<td>Months</td>
<td></td>
<td></td>
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<tr>
<td>Check if this is a membership renewal.</td>
<td>3 Months</td>
<td>6 Months</td>
<td>12 Months</td>
</tr>
<tr>
<td>Types of Memberships</td>
<td>$110</td>
<td>$190</td>
<td>$330</td>
</tr>
<tr>
<td>Standard</td>
<td>$85</td>
<td>$140</td>
<td>$230</td>
</tr>
<tr>
<td>UB Alumni*</td>
<td>$85</td>
<td>$140</td>
<td>$230</td>
</tr>
<tr>
<td>UB Family**</td>
<td>$85</td>
<td>$140</td>
<td>$230</td>
</tr>
<tr>
<td>MICA Employee***</td>
<td>$85</td>
<td>$140</td>
<td>$230</td>
</tr>
<tr>
<td>College Student****</td>
<td>$85</td>
<td>$140</td>
<td>$230</td>
</tr>
<tr>
<td>MICA Student***</td>
<td>$65</td>
<td>$100</td>
<td>$180</td>
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</tbody>
</table>

*Available to all UB graduates. Please present an Alumni Card when signing up.

**The sponsor must be present at time of purchase. This membership can only be purchased by immediate family members (spouse, children, and siblings) and domestic partners of current UB staff, faculty, and students. All members must be over 18 years old to purchase this membership.

*** Must present a valid MICA Student/MICA Employee ID when signing up.

**** This is available to all college students with a valid college ID card.

Name: ________________________________________________
Address: ________________________________________________
Apt #: _____ City: ___________________ State: _____ Zip: ______ DOB: ____/____/_______
Phone: __________________ Email: _______________________

* Official Use Only
Effective: ___/___/______ Expires: ___/___/______ Authorized By: ________ Member #: ____________

Method of Payment (select one):
[ ] Cash [ ] Check [ ] Visa [ ] MC [ ] Discover

Credit Card #: _____ _____ _____ / _____ _____ _____ / _____ _____ _____ / _____ Exp.: ___/____
Name on card (please print): __________________________________________
Signature: __________________________________________ Date: ______________


Recreation activities are fun, exciting, and physically demanding. I understand this but also acknowledge the following:

My participation in this activity is voluntary. I agree and acknowledge that some activities involved with use of the Recreation Center and its programs may be of a hazardous nature and include physical and/or strenuous exercise or activity and, understanding this I am aware that participating in these activity involves risks of bodily injury and personal property damage including but not limited to accident, illness, injury to or death of any person or persons involved. I understand that part of the risk involved in undertaking any activity or program is relative to my own state of fitness or health (physical, mental, or emotional), and to the awareness, care, and skill in which I conduct myself in that activity or program. I acknowledge that physical activity includes but is not limited to stretching, walking, running, lifting, pushing, bending, endurance training, physical contact, jumping, twisting, personal interaction, and increased heart rate. I may experience potential health risks including but not limited to transient lightheadedness, faintness, abnormal blood pressure, chest discomfort, leg cramps, nausea, sprains, joint problems, fractures, lacerations, and sports related injuries. I acknowledge my obligation to immediately inform the nearest supervising employee or program instructor of any pain, discomfort, fatigue, injuries or any other symptoms that I may suffer from during or after my participation at the Recreation Center and/or its events. I also realize that the Recreation Center may be warmer than usual during the summer months, and I will take the appropriate actions during abnormally hot days which include but are not limited to staying hydrated, monitoring my physical well-being, and participating at a moderate and reasonable level.

I state to the best of my knowledge, I have no medical, physical, or mental health conditions, which would hinder or prevent my active participation in any physical or sports activity. I represent that I am in good health, physical condition, and physical well-being. I hereby assume full responsibility for all risk of injury or loss which may result from my participation in this activity and hereby agree to release the University of Baltimore, the Recreation Center, its officers and employees from any and all liability arising out of or related to any of the Recreation Center’s programs. I also agree to hold harmless the University of Baltimore, the Recreation Center, and its officers and employees from any claims and demands which the undersigned or any third person, and the representatives thereof for injuries or losses arising directly or indirectly from my own assumption of risk for participation and/or any negligent behavior committed on my behalf. The terms of this release will serve as a release and assumption of risk for my heirs, executors, and administrators and for all of my family members.

Please Note: The Recreation Center strongly recommends that each participant undergo a complete physical examination by his/her personal physician. Such insurance coverage, if any, is my (the participant’s) sole responsibility.

I declare that I have read and fully understand the nature of the activity in which I am participating, and any questions that I have had, have been answered to my satisfaction.

Participant’s printed name: .......................... ID #:  
Participant’s signature: .................................... Date: 
Signature of witness: .................................... Date: 

## Physical Activity Readiness Questionnaire and You

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. If you are planning to become more physically active than you are now, start by answering the seven questions in the box below. Please read the questions carefully and answer each one honestly.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>1. Has your doctor ever said you have a heart condition and you should only do physical activity recommended by a doctor?</td>
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<tr>
<td>2. Do you feel any pain in your chest when you do physical activity?</td>
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<tr>
<td>3. In the past month, have you had chest pain when you were not doing physical activity?</td>
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<tr>
<td>4. Do you lose your balance because of dizziness or do you ever lose consciousness?</td>
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<tr>
<td>5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?</td>
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<tr>
<td>6. Is your doctor currently prescribing drugs (for example water pills) for your blood pressure or heart condition?</td>
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<tr>
<td>7. Do you know of any other reason why you should not perform physical activity?</td>
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</tbody>
</table>

If you have answered YES to one or more questions: Talk with your doctor BEFORE you become more physically active or BEFORE you have a fitness appraisal. Tell your doctor about this PAR-Q form and to which questions you have answered YES. Talk about the kinds of activities you wish to participate in and follow your doctor’s advice.

If you answered NO to all the questions: If you answered NO honestly to all the above questions, you can be reasonably sure that you can become more active but begin slowly and build up the activity gradually.

Please note: If your health changes so that you answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed use of the PAR-Q: The University of Baltimore, the Recreation Center, and their agents assume no liability for persons who undertake physical activity. If in doubt after completing this questionnaire, consult your doctor prior to physical activity.

I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction

Signature: 
Date: 
Rules of the Recreation Center & Membership Agreement

All members of the University of Baltimore Recreation Center agree to the following:

1. Recreation Center membership is on an individual basis. Only current and valid University of Baltimore staff/student/faculty and Recreation Center members may use the Recreation Center facility. All members must present valid UB ID upon arrival at the front desk. Individuals using the facility without checking will be escorted out of the Recreation Center.

2. Recreation Center hours are posted and subject to change without notice. Patrons of the Recreation Center must vacate the premises by closing time. Members in the Recreation Center after closing will be considered trespassers and are subject to membership termination without refund.

3. No person under the age of 18 is permitted in the Recreation Center. The only exceptions are the University of Baltimore students and events approved by the Director.

4. Stairwell 1 and the elevator are the main entrances into the Recreation Center. All other access points should be used in the event of a fire or other emergency. Any one violating the policy will be escorted out of the facility.

5. Campus Recreation and Wellness is not responsible for lost or stolen articles. Participants are encouraged to secure all personal belongings and store them in the lockers. Day locks and semester locks are available at the front desk. Items found unattended should be returned to the front desk.

6. Equipment and supplies in the Recreation Center are property of the University and should not be misused, abused or removed from the Recreation Center. Any damaged equipment returned or not returned by closing time is the responsibility of the member who checked it out.

7. Guest passes can be obtained from the front desk. Guests must be accompanied by a member with a valid University of Baltimore ID. A maximum of 2 (two) guests per member is allowed. Guests must agree to and follow all Campus Recreation and Wellness rules and policies. Payment for guest passes must be made upon entry.

8. If you have a request to change any audio/visual settings on the televisions and radios, please notify CRW staff at the front desk.

9. Towels are given out at the front desk for your convenience. Please return towels after the completion of the workout.

10. Appropriate athletic attire, such as T-shirts, shorts, warm-up suits, sweat suits or aerobic clothing, is required at all times when using CRW facilities. Please see dress codes for specific areas in the Recreation Center.

11. Specific room policies are posted in each room. Members agree to abide by all such policies.

12. Only Recreation Center locks are allowed on long term lockers and members are allowed one long term locker. Tall lockers are for day-use only. Any locks that are left on lockers will be cut and the contents will be saved for two weeks, at which time they will be donated.

13. No food or drink is allowed in the Recreation Center. Water in resealable plastic containers is acceptable. Glass containers are not allowed in the Recreation Center.

14. Facilities may not be used for private instructions or to provide service without written permission from CRW.

15. The use of photographic equipment is prohibited, including cell phones with cameras.

16. The Recreation Center has a zero tolerance policy for harassment. Verbal or gestured profanity, provocation, pestering, and fighting are not tolerated in the Recreation Center. Such behavior will result in ejection from the Recreation Center for the day.

17. The University of Baltimore Code of Conduct has outlined policies that University of Baltimore students/staff/faculty and public members have to abide by or will be adjudicated either by the Dean of Students or by a hearing board.

18. Violation of any Recreation Center policy may result in suspension, expulsion, and/or termination of membership without refund. The Director makes all final decisions regarding suspension, expulsion, and/or termination of memberships.

19. Components of this agreement are subject to change at any time. Notice will be posted in common areas and on the website, www.ubalt.edu/campusrec if any changes occur.
**2010 Operational and Events Calendar**
Last updated on 1/23/2010

**Recreation Center**

January 18, 2010  
Martin Luther King Day – University Closed; CRW Closed

January 23, 2010  
CRW Staff Training: Delayed Opening 1:00pm

February 21, 2010  
CRW National Recreational Sports and Fitness Day

March 14 -18, 2010  
Spring Break – CRW Open Regular Hours

March 19, 2010  
University Closed; CRW Closed

March 20, 2010  
CRW Open Regular Hours

May 29 - 31, 2010  
Memorial Day weekend – CRW Closed

July 3 – 5, 2010  
Independence Weekend – CRW Closed

July 6, 2010  
CRW Open Regular Hours

September 6, 2010  
Labor Day – CRW Closed

November 25 – 26, 2010  
Thanksgiving Break – University Closed; CRW Closed

December 21 – January 2, 2011  
Winter Break – University Closed; CRW Closed

**Hours of Operation**

- **Monday** – **Friday**: 7:00 am – 10:00 pm
- **Saturday**: 10:00 am – 4:00 pm
- **Sunday**: 10:00 am – 4:00 pm

CRW Operational Calendar is subject to additional University closures or schedule changes.