

## **USE OF THE HEALTH CLUB**

**Policy Number: 800GS**

**Effective Date: 6/1/16**

**Revised Date: 6/26/17; 11/09/2020**

### **Scope**

The Policy on the Use of the Health Club applies to faculty, staff, predoctoral researchers, summer scholars and applicants ("Covered Individuals") of The Graduate School of the Stowers Institute for Medical Research ("The School").

### **Purpose**

The purpose of this policy is to establish guidelines for use of the Health Club, the Health Club equipment, and the Health Club locker rooms (collectively, "Health Club").

The School is included in the Stowers Group of Companies ("SGC") Organizations and has adopted the following policy as its own.

### **Policy**

The Health Club is available for use by Covered Individuals 24 hours a day, 7 days a week. On each visit a Covered Individual ("Host") may have one Guest who is not a family member and a reasonable number of family members as Guests. Hosts must be on the Institute premises while their Guest(s) use the Health Club and are asked to limit the number of Guests during times of peak usage.

Young children visiting the Health Club must be closely supervised by an adult at all times. Health Club lockers are available for use only by Covered Individuals. Inquiries about the availability of lockers should be made at the security desk in Building 3.

No attendant is on duty.

Covered Individuals should familiarize themselves with the proper use of Health Club equipment before using. Each piece of equipment should be inspected before use and any problems reported to Security at extension 4144. Equipment that appears to be damaged or in need of repair should not be used.

If a Covered Individual experiences a health problem while using the Health Club, he/she should press or have someone press a blue emergency alert button (located on the east and south walls between the windows and in each locker room) and/or call Security at extension 4144.

Each Covered Individual using the Health Club fully assumes, and agrees to hold GSSIMR, its affiliates, and their respective directors, officers, employees, agents and representatives harmless for all risk of injury or loss in any way resulting from or connected to the use of the

Health Club by the Covered Individual. The Covered Individual acknowledges that the Health Club equipment can cause serious injury or even death and that he/she will not be provided training, supervision or other guidance by SGC in the use of that equipment. In addition, the Covered Individual acknowledges that the use of the Health Club may pose additional health risks due to his/her individual medical condition and he/she should consult with his/her physician prior to such use or exercise. Notwithstanding these risks and others that are inherent in the use of the Health Club, the Covered Individual agrees to assume these risks and grants the releases stated herein in consideration for being permitted to use the Health Club.

A Guest may not use the Health Club unless and until he/she has first signed below and delivered the signed policy to Security.

**By signing this document, Guest acknowledges that he/she has read, fully understands, and agrees to abide by this policy. Guest understands that by signing this document he/she is irrevocably waiving certain legal rights that might otherwise be available to him/her.**

Guest Name (printed): \_\_\_\_\_

Guest Signature: \_\_\_\_\_

Host Name (printed): \_\_\_\_\_

Host Signature (if Guest is under age 18): \_\_\_\_\_

Date: \_\_\_\_\_

This policy was approved by the GSSIMR Board of Directors on September 5, 2018.

This policy was last updated by the GSSIMR Board of Directors on November 09, 2020.

This policy will be reviewed by the GSSIMR Board of Directors in 2022.