

UCSF Fresno Employees: CMC Fitness Center

How To Access:

1

Read Fitness Center Rules

2

Submit signed UCSF Gym Waiver to front desk of CMC Fitness Center

- Use your badge ID number on application, not employee ID number.

Reminders:

Rules:

1. Wear proper gym attire and no scrubs
2. Wear athletic shoes (no crocs)
3. No slamming or dropping weights
4. No outside personal trainers
5. Only water is allowed on the gym floor

Gym Hours:

Gym is open 7 days a week, closed on holidays.

M-F: 5 am - 10 pm

Sat./Sun.: 8 am - 5 pm

Cleaning Schedule (closed): 10am - 11am; 2pm - 3pm

Questions?

Contact CMC Fitness Center at 559-459-7150



FITNESS CENTER

2335 E. Kashian Lane, Ste. 190
Fresno, CA 93701
(559) 459-7150 | Ext.57150

All members must complete the elective Fitness Center Enrollment HLC before the fitness center and its equipment can be accessed. This online process will register you as a member, activate your Community I.D. badge for access into the building and require an Acknowledgement be electronically signed agreeing to the rules and policies stated herein. Please allow 24 to 48 hours for badge activation. If your badge does not work the first time you try, you will be allowed to enter and use the facility upon showing staff proof of your completed enrollment by bringing the Certificate of Completion you receive at the end of the approved Enrollment HLC.

RULES & POLICIES

1. This is a private fitness center and for exclusive use by members¹ only. Membership is not transferrable. Members are requested not to bring guests into the Fitness Center. Users arriving in groups will require membership verification at the check-in counter.
2. Operating hours are from 5:00 a.m. to 11:00 p.m. every day of the week.
3. Members should consult their physician before starting any new exercise program. Any exercise undertaken without physician consultation shall be done at the member's own risk.
4. Members are to be dressed in appropriate sports attire (shirt, athletic shorts or pants) at all times. Appropriate sports shoes are to be worn in the workout area. Bare feet, slippers, sandals, boots, smart casual shoes, and shoes with spikes or protrusions are not allowed in the workout area at any time.
5. For hygiene purposes use hand sanitizer before and after use of the fitness center and its equipment. Hand/sweat towels will be available and must be used by members to wipe down the equipment after usage.
6. No food and drinks are allowed in the workout area other than water.
7. Smoking is not allowed anywhere inside the facility.

8. Store personal belongings in the lockers provided in the men's and women's changing areas. Other than cell phones, iPods, books and water bottles, no personal belongings are allowed in the workout area. Lockers are not meant for long term storage. Community Regional Medical Center is not liable for lost or stolen items.
9. Members must adhere to instructions for usage of the exercise equipment. The weights lock must be used at all times while using the bar bells.
10. Members are requested to return all portable Fitness Center equipment (such as weight plates, bar bells and dumbbells) to their original positions after use. Exercise equipment is not allowed to be taken out from the Fitness Center under any circumstances.
11. Excessive amounts of chalk are not permitted.
12. Weights, equipment, and plyometric boxes will not be dropped or slammed.
13. A member who causes loss or damage of the equipment due to act of negligence shall bear the cost of repairing or replacing the equipment.
14. Personal training shall be limited to training sessions conducted by certified Employee Fitness Center staff trainers only.
15. For the safety of all members, users must comply with any instruction given by the Fitness Center staff and its representatives on duty.
16. Fitness Center staff and its representatives may, at his/her discretion, request users who are found to be in breach of any of the rules and policies to cease or desist from such action or to leave the fitness center immediately.
17. Members shall comply with additional rules as imposed by the Fitness Center from time to time.
18. The Fitness Center reserves the right to add, delete and/or vary the above as it deems fit.
19. The Fitness Center, its staff, agents or representatives shall not be liable for any mishap, disability, damage, loss, injuries or deaths howsoever caused arising from or in connection with use of the fitness center.

20. Cell phones and other devices with recording capabilities, including voice recording, still cameras, and video cameras, are not permitted to be used in the locker rooms; if any such device must be used, it should be taken outside of the locker rooms. Any incident involving the voice or image recording of gym members, including the identity of any violator(s), will be promptly reported to Security and Human Resources and may subject the gym member to discipline, up to and including termination. A violation of this paragraph may also carry civil and/or criminal penalties.
21. CMC employees and Affiliates may not solicit or distribute literature for any purpose in any working areas of CMC including the Employee Fitness Center.
22. The Fitness Center staff has the right to have a member leave the facility for any of the above rules and policies not adhered to.

Definition: ¹ Members: Full-time and part-time medical staff, residents, fellows, employees and active/qualified volunteers of Community Medical Centers are eligible for this exclusive fitness center membership on the campus of Community Regional Medical Center. Members/Users are written interchangeably throughout this document.



ACKNOWLEDGEMENT AND RELEASE OF LIABILITY

I hereby request authorization from the Fresno Community Hospital and Medical Center dba Community Regional Medical Center (CRMC) to use the recreational facility located on the campus of CRMC comprised of a workout room with fitness equipment, changing areas and showers proximal thereto (collectively, "the Fitness Center"). I acknowledge that use of the Fitness Center is expressly conditioned on my agreement to each of the terms of this document. I acknowledge and agree as follows:

1. Use of the Fitness Center involves physical exercise, sport and recreational activities that may cause injury. I understand that there is an inherent risk of injury when participating in any physical exercise, sport, wellness, and/or recreational activities. My use of the Fitness Center is a voluntary activity in all respects and I assume all risks of injury and illness that may result from such use. This includes any sponsored group activities or individual use of the facility or exercise equipment.
2. I do hereby fully release and discharge CRMC and its agents and employees (collectively, the "Released Parties") from any and all liability, claims and causes of action from injuries or illness (including death), damages or loss which I may have or which may accrue to me on account of participation in any and all activities utilizing the Fitness Center. This is a complete and irrevocable release and waiver of liability. I covenant not to sue the Released Parties for any alleged liabilities, claims, or causes of action released hereunder.
3. I further agree to indemnify and hold harmless and defend the Released Parties from any and all claims resulting from injuries or illness (including death), damages or loss, including, but not limited to attorneys' fees, sustained by me arising out of, connected with, or in any way associated with, the Fitness Center.
4. In the event of any emergency, I authorize the Released Parties to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for my immediate care and agree that I will be responsible for payment of any and all medical services rendered.
5. I have been advised by CRMC to consult with a physician before I undertake any physical exercise program. I certify that I am in good health and sufficient physical condition to properly use the Fitness Center; that I am knowledgeable about the proper use of any equipment that I will use and the rules of any activities that I will participate in; and that I will carefully read the operating instructions for any Fitness Center equipment prior to use and will operate such equipment in strict accordance with instructions.
6. The Released Parties are not responsible for any loss or theft of personal property brought to or left in the Fitness Center and I release CMC from any liability for such loss or theft.
7. I have read and I understand the Fitness Center Rules and Policies, and I acknowledge my use of the Fitness Center is conditioned on following them.

Signature: _____

Date: _____

Print Name: _____

UCSF Employee ID#: _____