



**Osage Nation Fitness Center
1222 Lynn Avenue
Pawhuska, OK 74056
918-287-1097**

Membership Application

Member Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Email: _____

Phone 1: _____ Phone 2: _____

Emergency Contact Name: _____ Phone Number: _____

Date of Birth: _____

Osage Tribal Member: (Circle One)
Yes / No

Osage Nation Employee: Yes / No

Cash, Check, and money order are all acceptable forms of payment.

Please make checks payable to Osage Nation Fitness Program (ONFP).

Credit/Debit cards are not acceptable forms of payment for membership fees.

Payment is due on the 1st day of each month. Any balance outstanding after the 1st is considered late and a material violation of this agreement.

Member Signature: _____ Date: _____

Staff Signature: _____ Date: _____



Osage Nation Fitness Program Informed Consent

Regular physical activity is fun and healthy. People are becoming more active every day. Being active is safe for most individuals, however some people should check with their doctor before they start becoming more physically active.

If you are planning to become more physically active than you are now, start by answering the seven questions listed below. If you are between the ages of 14 and 90, the health form will tell you if you should check with your doctor before you start. If you are of 90 years of age and you are not used to being very active, check with your doctor.

Please read the questions carefully and answer each one honestly by circling YES or NO.

If you answer YES to one or more of the questions:

Talk to your doctor by phone or in person BEFORE you start becoming much more physically active. You may be able to do any activity you want as long as you start slowly and build up gradually. You may also need to restrict your activities to those that are safe for you. Talk to your doctor about the kinds of activities you wish to participate in and follow his/her advice.

If you answer NO to all the questions:

If you answer NO honestly to all the health form questions, you can be reasonably sure that you can start becoming much more physically active. Beginning slowly and building up gradually is the safest and easiest way to go.

Delay becoming more active:

If you are not feeling well because of a temporary illness such as a cold or fever, wait until the illness passes. If you are pregnant, talk to your doctor before becoming more active.

Please note:

If your health changes so that you then answer YES to any of the questions, tell your health professional. Ask whether you should change your physical activity plan.

Health Questionnaire:

YES NO Do you have a heart condition, high blood pressure, or heart disease?

YES NO Do you feel pain in your chest when you do physical activity?

YES NO Do you lose your balance because of dizziness or do you ever lose consciousness?

YES NO Do you have a bone or joint problem that could be made worse by a change in your physical activity? (for example: arthritis, rotator cuff problem, joint replacement.)

YES NO Are you prescribed drugs for high blood pressure or a heart condition?

If you answered YES, please indicate the names of the drugs:

YES NO Do you know of any reason why you should not do physical activity?

YES NO Do you have and pre-existing illnesses, diseases or conditions that would prevent you from participating in physical activity?

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

Print Name: _____

Signature: _____ Date: _____

Staff Signature: _____



Fitness Center Rules and Guidelines

1. A Fitness Program membership due is required for admission to the facility on the first day of the month. No exceptions. Any person with an outstanding balance may be refused access to the facility and equipment until their membership dues are current.
2. Proper attire is required at all times, including shirts and athletic shoes (no flip flops or foot wear with open toes, jeans or denim, or wet/muddy shoes)
3. Food and drinks are not allowed inside the facility. Resalable water containers are acceptable.
4. The use of improper or dangerous exercise techniques is not permitted.
5. Be respectful and considerate of others. Do not engage in horseplay, arguing, or loud and offensive language.
6. The staff offices, telephones, and computer are off limits to members without permission.
7. No tobacco products, alcohol, drugs or illegal substances allowed in the facility.
8. All guests and visitors must report to the front desk and sign a waiver form.
9. The Fitness Center employees are authorized to expel users for failure to follow the fitness center policies.
10. You must have a current Osage Nation Fitness program membership to use the facility.

Fitness Center Etiquette

1. Do not monopolize equipment. Invite members who are waiting to work in.
2. Ask permission before working in on a piece of equipment.
3. Do not sit on the equipment when resting between sets.
4. Stay in the general vicinity if you are between sets on a machine.
5. Do not have long conversations when others are waiting.
6. If you are waiting for a cardio machine, be ready to go when it is your turn.
7. Do not engage in any unwanted conversations and provide each of our member's appropriate personal space as requested.

Agreement for Facility Use

In order to protect the public health, safety and welfare of the people who use Osage Nation Fitness Centers, any person convicted of an offense who is subject to the registration requirements of a tribal, federal, state, or local Sex Offender Registration and Notification Act is prohibited from being on the property of any Osage Nation Fitness Center facility. Any person who violates this provision shall be considered a trespasser.

User agrees and represents that all exercises, treatment and use of all fitness center facilities shall be undertaken at the user's own risk, that he/she is in good physical condition and physically able to undertake any physical exercises and treatments provided by the center, and the Osage Nation Fitness Program which runs the center and, or and affiliated programs and/or the respective agents and employees, shall not be liable for any claims, demands, injuries, damages, actions or causes of action, whatsoever, to where the same are located and the user does hereby expressly forever release and discharge said ONFP and injuries, damages, action or cause of action. In a case of any accident, user agrees and concedes that he/she will be examined at his sole expense by a licensed physician who shall report in writing to both the user and the ONFP running the center.

Damage to facilities: User agrees to pay an extra charge for damage arising from any careless use of equipment, dropping of weights, or the like caused by user.

Personal Property: The center, and the agents and employees of the center shall not be responsible for damages, lost or stolen articles of clothing and other personal property of any user.

Compliance with rules and conditions: At the time this agreement was executed, the center has offered user a copy of its current policies and procedures. User agrees to keep and obey all policies and procedures and any additional or changes policies and procedures in the future prescribed by the center. Center reserves the right to add to or amend the rules and conditions at any time, and the center reserves the right to revoke or terminate this membership if user fails to keep and obey and of such policies and procedures.

This agreement shall be performed within the applicable guidelines, resolutions and laws of the Osage Nation. Both parties agree that this agreement shall be governed by the laws of the Osage Nation, federal laws, and the laws of the State of Oklahoma, in that order, in all matters of construction, validity, performance and enforcement, as those laws apply to agreements executed, delivered and performed solely within the jurisdiction of the Osage Nation. Nothing in this agreement shall be construed as a waiver of the Osage Nation's sovereign immunity. User hereby expressly submits to and consents to the exclusive jurisdiction of the Osage Nation Trial Court over any action by the Nation to enforce specific performance of this agreement or to obtain money due pursuant to the terms of this agreement.

The Osage Nation may terminate this agreement immediately and without notice to User for ANY violation of the terms above. The Osage Nation's failure or neglect to enforce any of its rights under this agreement will not be deemed to be a waiver of that or any other of its rights. I have read and fully understand the contents of this agreement and voluntarily sign under my own free will and assert that I have the power to execute this agreement

Print Name: _____

Signature: _____ Date: _____