



POOLS & FITNESS FACILITY MEMBERSHIP APPLICATION

CONTACT INFORMATION:

NAME (please print): _____ DATE: _____

DOB: _____ If RFGH Employee: ID # _____

MAILING ADDRESS (include city/town, State, and ZIP)

PHONE #: _____ Email* (optional): _____

EMERGENCY CONTACT: _____ PHONE: _____

PHYSICIAN: _____ PHONE: _____

* To receive electronic monthly pool/class schedules, events, and related facility updates only. Email addresses will be kept strictly confidential and available only to RFGH and pool facility members.

Please tell us about your fitness interests:

FOR RFGH USE ONLY:

Member Registration completed by: _____ Date _____

Membership type: _____ Initial Expiration: _____

Payment Amount: _____



AQUATIC EXERCISE CONSENT

POOL TEMPERATURE PRECAUTIONS:

Our **Aquatic Therapy Pool** ranges between **90 and 94 degrees**. These temperatures provide warmth and relaxation for low-level activity such as physical therapy. However, at such high temperatures, when combined with hydrostatic pressure of water, body temperatures can increase too much as, well as stress the body. Therefore, **higher levels of physical activity are not recommended** in the therapy pool.

In addition, individuals with the following conditions may also be subject to an elevated risk within the aquatic therapy pool environment. ***Please consult with your physician if you have any of the following:***

- High/low blood pressure
- Cardiac conditions
- Asthma/breathing problems
- Active chemotherapy or radiation treatment
- Skin sensitivity
- Epilepsy/seizure disorders
- Immune-deficiency syndromes
- Diabetes
- Multiple Sclerosis
- Pregnancy

Our **lap pool is heated to between 80 and 84 degrees**. This temperature range is ideal for moderate to high-level activities such as sports rehab, swimming, water walking, water aerobics, etc. However, this **temperature range is not recommended for the following populations or individuals with the following conditions**, as the body could become too cool due to low functional ability/level.

- Acute arthritis
- Young children (0-12 months)
- Spastic muscle conditions
- Acute fibromyalgia
- Frail & low body fat

GENERAL CONTRA-INDICATIONS TO AQUATIC EXERCISE

The following health conditions are **contra-indications for aquatic therapy** and related exercise in water. For safety reasons, participation **should be postponed until the condition is resolved**. These include:

- Unstable blood pressure (>180/102 or <105/65)
- Unstable angina
- Fever higher than 100 F
- Exercise intolerance
- Abnormal heart rhythms
- Unstable blood sugar (>250 or <90)
- Intoxication
- Vomiting/flu symptoms
- Urinary tract infection
- Incontinence
- Severe kidney dysfunction
- Open/draining wound or surgical sites

CHLORINE SENSITIVITY

Chlorine is used to sanitize our pools. It is a chemical and some people are sensitive to it. There is a slight chance that an individual may develop skin sensitivity to the chemicals. By initialing and signing below, I acknowledge and assume the risk of any skin sensitivity I might experience during participation in aquatic therapy or fitness program.

PARTICIPANT'S/GUARDIAN'S INITIAL _____



Liability Waiver and Release of Claims

Please read this form carefully and be aware that the execution of this document will waive and release all claims for injuries you may sustain while using our equipment/facilities and/or participating in an exercise program.

I have volunteered to participate in a program of physical exercise at the RFGH Rehabilitation and Fitness Facility. In consideration of my participation and use of the facilities offered, I release and discharge and hereby hold harmless Redington Fairview General Hospital (RFGH), and its directors, officers, agents, contractors, and employees from any and all claims, demands, damages, rights of action or causes of action, present or future, arising out of or connected with my use of the facilities and participation in any exercise program, including any injuries resulting therefrom. **THIS WAIVER AND RELEASE IS INTENDED TO AND DOES RELEASE RFGH FROM, WITHOUT LIMITATION, ANY AND ALL LIABILITY FOR DAMAGES OR INJURIES ON ACCOUNT OF OR IN ANY WAY RELATED TO OR GROWING OUT OF MY NEGLIGENCE, THE NEGLIGENCE OF THIRD PARTIES, AND THE NEGLIGENCE OF RFGH.** I understand that by signing this form, I am waiving my rights to all claims for injuries and damages I might sustain as a result of or relating to my participation in an exercise program or use of the facility and I agree to indemnify, hold harmless and defend RFGH for all such claims and damages.

I recognize and acknowledge that there are certain risks of physical injury to participants and damage to or loss of personal property from the use of the services and facilities offered by RFGH at the Rehabilitation and Fitness Facility and participation in the exercise programs offered. I fully agree to assume the risk and responsibility of any such injuries, damages, or loss, regardless of severity, which I may sustain as a result of said activities. I understand that it is my responsibility to consult with my own physician with respect to engaging in physical activities. I further represent that I am in such physical condition as to accept and tolerate the level of physical activity involved, and to the best of my knowledge I have no disease, physical limitation, health concern or injury that would be aggravated or would be the cause of any injury sustained, before, during or as a result of my participating in exercise activities.

In the event of any emergency, I authorize RFGH, without liability and in its sole and absolute discretion, to secure emergency assistance from any licensed hospital, physician, and/or medical or rescue personnel for any treatment or services deemed reasonable and necessary for my immediate care and agree that I will be responsible for payment of any and all such medical, professional and emergency services and assistance.

PARTICIPANT'S NAME/GUARDIAN'S NAME (print): _____

PARTICIPANT'S/GUARDIAN'S SIGNATURE: _____ **DATE:** _____



POOLS & FACILITY SAFETY GUIDELINES

1. This facility's principle role is to support the rehabilitation programs of RFGH. As such, there will be periods each day and throughout the week that the pools and weight room may be reserved for patient therapy use or group activity. However, all reasonable efforts will be made to accommodate both our patients and our community members so that everyone may enjoy and reap the benefits of aquatics.
2. Street shoes are not allowed in the pool/gym area. You may either leave them in the lobby or put on disposable shoe covers provided. We recommend bringing a pair of slip-on shoes or water shoes. ***For the safety of those with diabetes, osteoporosis, neuropathy and balance issues we do recommend that pool shoes, socks or even old clean sneakers to be worn both in the pool and outside the pool areas.*** Proper, clean exercise shoes must also be worn while in weight room.
3. We ask that all visitors and members sign in upon their arrival. Therapy patients will be signed in by staff via use of a "therapy pass" issued to them upon check-in upstairs in the rehab suite.
3. **STATE LAW** requires showering with soap and water **BEFORE entering the pools**. Use of the toilets before entering the pools is recommended. The BUREAU OF HEALTH rules for public pool facilities "strictly prohibit urinating, fecal matter, expectorating or blowing the nose in any pool." "Infants and children, not toilet trained, shall wear swim diapers and approved rubber pants while in the pool." *Pools may be shut down for a 24 hour period when contaminated.*
4. **We hold the safety of our visitors paramount. For that reason, we require adult supervision at all times for all children under the age of 15 – this includes supervision in the locker room and weight room. For the privacy of everyone we ask parents/guardians wishing to bring children of the opposite gender into the locker rooms to please alert our staff beforehand so that we can help arrange a safe yet age & gender appropriate location for them to change.**
5. Please leave valuables at home or in your car. We are not responsible for your personal items. We do have a limited amount of lockers available for therapy clients and monthly members on a **daily use basis**. Items left in lockers overnight will be removed.
6. **No diving or jumping off the sides in either pool is allowed.**
7. Persons having or reasonably suspected to have any open wounds or cuts; any known or recognizable contagious or communicable disease; significant cough; oozing or weeping blisters; burns; fever; inflammations of the eyes; nasal or ear discharge; or menstruation without internal protection are not allowed to enter the pools. In addition, any person suspected of being under the influence of alcohol or drugs shall be prohibited from entering the pools.
8. Pools are evacuated during thunderstorms; showering is not allowed during storms. Re-entrance is allowed after 30 minutes of no thunder or lightning activity.
9. There is a lifeguard always on duty during regular pool hours authorized to enforce all the stated visitor safety guidelines set forth.
10. For the safety of our patrons, RFGH will determine whether the presence or continued presence of any person in the facility or on hospital grounds poses a threat to the well-being of our patrons or to RFGH property or the operation of the facility. If such determination is made, RFGH reserves the right to refuse such person entry and/or facility use. This includes persons acting in an unsafe or objectionable manner or who are determined to be loitering.

I have read and understand, and agree to abide by the guidelines listed above. **Initial & date:** _____