

Carson Exercise Room Membership Form

316 South Commercial Street, Carson, IA 51525 (712) 484-3636

Primary Member Information:

Membership Term (circle one): Annual Monthly Lifetime
Membership Type (circle one): Single Couple Family

Last Name	First Name	M.I.	Male/Female
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Address	Apt #	P.O. Box #	City	State	Zip
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Date of Birth	Home Phone	Cell Phone
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Person to Contact in Case of Emergency	Relationship	Phone Number
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Please complete information below for each additional individual: Second Adult

Name	Relationship	Date of Birth	Male/Female
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Family members may include two parents and their unmarried children ages 14 - 17 residing at the same address and/or unmarried children through age 23 who are full-time students. Family relatives (i.e. cousins, aunts, uncles, grandparents, friends, etc.) cannot be on a family pass.

Children in Household (Youth under 14 years of age are not allowed in the fitness center)

Name	Relationship	Date of Birth	Male/Female
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Name	Relationship	Date of Birth	Male/Female
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Name	Relationship	Date of Birth	Male/Female
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Name	Relationship	Date of Birth	Male/Female
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Name	Relationship	Date of Birth	Male/Female
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By purchasing a Fitness Pass, I realize the inherent risks involved in the programs and appreciate the nature of the risks. The applicant(s) hold harmless the City of Carson and the Carson Community Center for any damages caused by participation in this program. Individuals registered for a Membership are encouraged to seek a physician's approval before beginning any program. A refund will be granted to any pass holder if requested within 30 days of pass purchase. The first month of the pass rate will be deducted from the refund. A refund will also be granted to any pass holder with a written medical excuse and will be prorated from the date of the request beyond 30 days of purchase. I realize and accept that this pass is issued at the discretion of the City of Carson and the Carson Community Center and may be recalled or revoked at their discretion at any time.

SIGNATURE: _____ **DATE:** _____

****OFFICE USE ONLY** Method of Payment:
 Check # _____ Cash Credit Card Gift Certificate Received By: _____
 Membership Fee \$ _____ Membership Start Date _____ Membership End Date _____

Membership Card Deposit (\$10.00 per card issued per member):

Card #: _____	Check # _____	Cash	Credit Card	Received By: _____	Date: _____
Card #: _____	Check # _____	Cash	Credit Card	Received By: _____	Date: _____
Card # _____	Check # _____	Cash	Credit Card	Received By: _____	Date: _____
Card # _____	Check # _____	Cash	Credit Card	Received By: _____	Date: _____

Membership Policies and Regulations

General Information

- Carson City Hall and the Community Center are not responsible for lost or stolen articles.
- **Fitness pass privileges may be suspended or revoked for disciplinary reasons or rule infractions, in which case no refund of membership dues will be made.**

Miscellaneous

- The Carson City Hall and Community Center reserves the right to adjust fees and policies pertaining to all the facilities and programs.
- Memberships cannot be transferred to another person at any time.
- Each member will be issued an entrance card. This card is to be used by the member only and not used to allow other individuals into the building or the exercise facility. If this rule is not followed the card holder's membership will be revoked and no refund will be given.
- A \$10.00 deposit is required for each entry card key that is issued for a fitness membership. This key card deposit will be required of all fitness center members, including fire department and law enforcement free fitness members. The \$10.00 deposit per card will be refunded to the member once the card has been returned to the City Hall Office. Fitness room membership key card deposit refunds will be issued when approved by the City Council at the following regular City Council meeting. **(EFFECTIVE 1/10/24 BY MOTION OF CITY COUNCIL)**
- There will be a \$10 replacement fee for lost, damaged or stolen cards.
- If membership is cancelled or revoked, entrance cards are to be returned to City Hall immediately.

Youth Policies

- The fitness center is open to participants who are 14 years of age and older.
- Children under the age of 16 must be accompanied by an adult.

Fitness Center

- Please no gum, food or carbonated drinks in the fitness area. Profanity will not be tolerated.
- No spectators allowed in the exercise room at any time. Everyone must show proof of membership to gain entrance into the exercise room.
- Schedule changes are at the discretion of the Carson City Hall and Community Center management and will be posted.
- **Only clean and dry gym or tennis shoes allowed in the fitness center.** Carson City Hall and Community Center employees reserve the right to refuse use of shoes that may damage equipment or floor surfaces.
- For safety reasons, the fitness center is open only to participants who are high school age (14 years old) or older. **At no time is there to be anyone younger than 14 years of age on any fitness equipment or in the exercise room.**
- Everyone must go through a basic orientation regarding the use of the strength equipment. Contact Community Center Manager if you have any questions.
- Appropriate clothing and athletic shoes must be worn at all times.
- Radios are not allowed with the exception of personal headset units.
- Abuse of the fitness equipment will not be tolerated; offenders will be disciplined and may be asked to leave the premises.
- Place gym bags and street clothes in designated area so that it is not in the way of other exercisers.
- Please report any problems to the Community Center Manager and/or City Clerk.
- Please be courteous in returning weights and equipment to their appropriate places.
- Use of cell phones in fitness area and restrooms is prohibited.
- No pictures may be taken of the fitness room patrons without their permission.

Equipment

- Please bring a towel to wipe down the equipment you are using as a courtesy to the next exerciser.
- There is a 30-minute limit on the cardio equipment when people are waiting.

Refund Policy

- A refund will be granted to any one-year pass holder if requested within 30 days of pass purchase. The first month of the pass rate will be deducted from the refund.
- A refund will also be granted to any pass holder with a written medical excuse from a doctor. The pass will be prorated from date of request, beyond 30 days of purchase.

Smoking is not allowed at any time in the Carson Community Center.

I have read these policies and regulations and will adhere to them.

Signature _____ Date _____

Signature _____ Date _____

RELEASE OF LIABILITY

This Release is executed on the _____ day of _____ by _____ (participant's name) and concerning the City of Carson and the Carson Community Center.

I, being of lawful age, in consideration of being permitted to participate in the fitness and other activities of The Center, do for myself, my spouse, my heirs, executors, administrators and assigns, hereby release and forever discharge the City of Carson and the Carson Community Center, it's officers, directors, employees, volunteers, successors and assigns, of and from any and every claim, demand, action or right of action, of whatever kind of nature, either in law or in equity arising from or by reason of any bodily injury or personal injuries known or unknown, death or property damage resulting or to result from any accident that may occur as a result of my participation in fitness or other activities in connection with the City of Carson and the Carson Community Center.

I further release all instructors; officials and professional personnel from any claim whatsoever on account of first aid, treatment or service rendered me during my participation in any fitness or other activities of the Carson Community Center.

This release contains the entire agreement between the parties hereto and the terms of this release are contractual and not mere recital.

I further state that I have carefully read the foregoing release, the instructions for use of equipment, rules and fitness information provided at my orientation, and other documents furnished to me concerning the activities of the Carson Community Center and know the contents thereof and sign this release of my own free act.

In witness whereof, I have executed this Release at Carson, Iowa on the day and year first above written.

Member's Signature

Member's Signature

Orientation Instructor's Signature