

# UAMS Fitness Center

## Rules & Regulations

1. UAMS photo ID is required to access the fitness center.
2. It is strictly prohibited to loan your badge to anyone or to allow access to anyone not authorized to use the facility. This violation will result in automatic termination of membership.
3. Employee must be a member to extend membership to spouse/companion.
4. Spouse/companion will need to obtain a photo ID badge from Creative Services if they have signed up to use the facility. Badge fee is \$5.
5. Spouse/companion membership does not include parking fees.
6. Must be 18 years of age to become a member.
7. The UAMS Fitness Center will be open 24 hours a day, 7 days a week.
8. The Fitness Center will not be staffed 24 hours a day. The premise has a panic button, an emergency phone and security cameras (not constantly monitored).
9. Lockers are available to be used at no charge. You will need to provide your own lock.
10. Locks must be removed when you leave. Locks will be cut off after three days.
11. Do not leave hospital scrubs in the locker room or in the towel bins. The fitness center uses an off campus laundry service.
12. UAMS or the Fitness Center is not responsible for lost or stolen property.
13. Members are responsible for cleaning equipment after each use.
14. Members are responsible for putting weights and other equipment in the proper place after use.
15. Members must wear shirt, shoes, and appropriate exercise attire.
16. Existing UAMS policies will be enforced.
17. If you are deemed responsible for intentional damage to property you will be financially responsible and the matter will be turned over to the UAMS police.
18. You are responsible for your fees regardless of your use or non-use of the facility. Your membership will not be cancel for nonattendance.
19. Once a month or semester starts you are responsible for that month/semesters' fee.
20. Any cancelled member rejoining within a year will be assessed a \$50 rejoin fee.

### **TERMINATION POLICY:**

21. To terminate a membership, the member is required to fill out the fitness center cancellation form and return the sticker from the back of the ID badge. The cancellation form serves as a 30 day notice to the UAMS Fitness Center.
22. The termination will be effective on the 30<sup>th</sup> day of the month or the last day of the pay period, whichever is later. Fees will not be prorated for a partial month.

Refusal to comply with these rules will result in termination of membership.  
I have read, understand and will comply with the rules for the UAMS Fitness Center.

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Signature

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Date