



# Foster Tower Gym Liability Waiver

Please initial that you read and understood each section:

For use of Foster Tower residents only. Access is granted only upon signing management copy of Gym Rules & Waiver of Liability. Guests must be accompanied by residents at all times. Residents are responsible for their guests' conduct and all guests must sign management copy of Gym Rules & Waiver of Liability prior to entry to gym. Management has the right to restrict access.

**This facility is not supervised. Exercise at your own risk. Management assumes no liability for injuries or accidents.** Guests are responsible for knowing their own limitations and consulting with their physicians prior to starting an exercise program.

Proper workout gear: closed-toe athletic footwear and a clean shirt must be worn at all times (no sandals, flip-flops, barefeet, cut-off shirts/shorts or tanktops allowed). Please consider bringing a towel with you.

Wipe down equipment after use. Return all equipment to its original spot.

Please do not leave any personal items in the gym. Management is not responsible for abandoned, lost or stolen personal items. Anything personal left in the gym will be discarded by staff. Please do not edit the gym by moving equipment, bringing your own equipment or storing/donating your own equipment in the gym. Weights must not be dropped and must be returned to their original locations after use.

Use the equipment only for its intended purpose. Use the equipment properly and follow directions carefully. No horseplaying allowed.

Persons under the age of 18 years must be accompanied at all times by a parent or legal guardian. Most gym equipment is manufactured with the average person's physical characteristic in mind and some of the equipment may not be safe or suitable for those whose height/weight does not fall within these parameters.

Be considerate, this is a shared space. Allow others the opportunity to use the equipment. All mobile or tech devices must be used with headphones to ensure that everyone has the right to a comfortable environment.

Food, gum, beverages (other than clear water) are not allowed. Glass items are prohibited.

Report all losses, damages, malfunctioning equipment or injuries immediately to Foster Tower Management. Do not use damaged equipment. Anyone responsible for damaging the equipment will be held financially responsible. If this room is in need of custodial services, please advise the staff.

Do not exercise while impaired by alcohol or drugs.

Turn off lights and air conditioning when leaving.

This area is under 24/7 recorded video surveillance. The cameras are not monitored live at all times and are in place for the protection of the AAO's property.

For use during the "Reservations Required" time block, users must sign in for their exclusive use of the gym at:

<http://www.fostertower.org/resident-portal.html>. Management may revoke the gym access privileges of residents who do not respect other residents' reservations of exclusive use.

Gym hours: 24/7/365. Users must operate the gym in a quiet manner between 10 p.m. and 8 a.m. (no clanking/dropping of weights, etc.)

I acknowledge that I have received and I have read Foster Tower's Gym Rules. In exchange for access to Foster Tower's Gym, I agree to abide by Foster Tower's Gym Rules, as well as Foster Tower's House Rules at all times. My family and guests assume the risk while using the common areas, including the gym. Foster Tower cannot guarantee or insure my — and my guests' — safety and security.

Date

Apt. Number

Printed Name

Signature

Fob No.

Duration of Stay