

Rappahannock Westminster-Canterbury (RWC)
Employee Wellness Program Participation Waiver

Department: _____ Supervisor: _____

The RWC Fitness Center welcomes employees to use the facilities abiding by the following guidelines:

- Hours open for employee use: 6:30am to 8am, Noon to 1p, or 4:30p to 8p.
- Employee Participants must schedule an orientation with the Wellness Manager prior to first use of the facilities.
- Employees are responsible for proper use and care of the equipment.
- Employees should always yield equipment to a resident who is seeking its use.
- If you have three or more of the following you must have a medical clearance form filled out by your doctor.

Cardiovascular disease	High cholesterol
Diabetes	Osteoporosis (Bone wasting)
Smoke	Sarcopenia (Muscle wasting)
High Blood pressure	Joint damage

I acknowledge and understand that there are risks involved with an exercise program to include but not limited to cardiovascular complications, stroke, muscle strain and soreness and injury. Knowing these and other risks exist, I voluntarily agree to participate and abide by the guidelines, policies and procedures applicable to the use of the Fitness Center and outdoor wellness program equipment.

By signing below, I release Rappahannock Westminster-Canterbury and associated personnel from any responsibility or liability for any injury or health consequences that may result from my use of the Fitness Center and outdoor wellness program equipment.

By signing below, I state that I am free of any medical condition that presents exercise as a contradiction. Further, if my medical condition changes to affect my participation in the fitness program, I acknowledge the responsibility to obtain a medical clearance form and to notify the Fitness Center staff immediately to seek assistance with adapting my program accordingly.

Please Print Name

Signature

Date