

Date: \_\_\_\_\_

Time: \_\_\_\_\_



# Fitness Center

**The Dare County Center  
950 Marshall C. Collins Drive  
Manteo, NC 27954  
252-475-9270**

## **Fitness Center Orientation Outline**

- 1. Hours of Operation**
  - **Mon- Thurs: 7:00 AM- 7:00 PM**
  - **Friday: 7:00 AM- 5:00 PM**
- 2. Review rules**
- 3. Fill out Par- Q**
- 4. Review waiver**
- 5. Dare County Center Code of Conduct**
- 6. Go over sign in procedure and maximum occupancy plan**
- 7. Explain wipe down of equipment; do NOT wipe computer screens**
- 8. Explain use of cardio equipment**
- 9. Explain Use of resistance equipment (Band to weight conversion chart)**
- 10. Pull pins to "out" position on resistance equipment after use**
- 11. Show free weights; Re-rack weights after use**
- 12. Emergency procedures**
- 13. Sign waiver**

## **Dare County Center Fitness Rules**

- Prior to participation, it is required that patrons undergo an orientation and sign a waiver.
- Patrons of the fitness room must be at least 16 years of age. If under the age of 18 their waiver must be signed by a parent or guardian.
- Hours of operation 7:00 AM- 7:00 PM Monday- Thursday and 7:00AM-5:00PM on Fridays.
- When using the fitness center before 8:30 AM or after 5:00 PM, use the side entrance which leads directly into the fitness center.
- When using the fitness center before 8:30 AM or after 5:00 PM, do not bring children under the age of 16, all other rooms in the Dare County Center are locked.
- When using the fitness center please do not bring children under the age of 16, they are not permitted to be unsupervised in the building.
- Participants are required to sign in upon each visit to the fitness center.
- Proper athletic attire must be worn at all times, shirts are required. Athletic shoes must be worn at all times. Absolutely no sandals, open toed or open-backed shoes are permitted.
- Food is not permitted in the fitness center. No gum is allowed.
- Water and fitness drinks are allowed as long as they are contained in sealed non-glass container.
- Return dumbbells to appropriate rack after use.
- Do not drop or throw dumbbells.
- On resistance equipment, pull pins to “out” position after use.
- Personal audio devices are permitted with the use of headphones.
- All participants are required to wipe down cardio and strength equipment hand grips and padding after each use with the towels and disinfecting solution provided. Spray the

solution on the towel, not directly on the equipment. DO NOT wipe down the computer screen of cardio equipment.

- Return used towels to the towel bin before leaving the fitness center.
- Please do not abuse equipment. All equipment must be operated in accordance with its intended use. If purpose or intended use of equipment is not known please inquire with Dare County Center staff member.
- Promptly report any malfunctioning equipment or personal injuries to Dare County Center staff member.
- Please cover any open wounds. Band-Aids can be found on the same shelf as the towels.
- Please be courteous and respectful to other fitness room participants. During peak hours please limit your time on any cardio machine to 30 minutes, and allow other patrons to “work in” between sets on resistance equipment.
- No outside contracted personal trainers are permitted.
- The use of cell phones is not allowed in the fitness area.
- Personal items may be kept in the cubbies and coat hooks provided in the fitness center. Bags are not allowed on the fitness floor, we encourage you to bring in minimal personal items.
- The Dare County Center is not responsible for lost or stolen items.
- Temperature, music, and television controls are not permitted to be changed by fitness room patrons. Please see Dare County Staff member for changes.
- Have fun, get fit, and be healthy!

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Print Name

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Signature

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Date



COUNTY OF DARE

**DARE COUNTY CENTER**

WWW.DARENC.COM

## **Dare County Center Fitness CONTINUING RELEASE FROM LIABILITY**

PARTICIPANT'S NAME: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_ SEX: MALE/FEMALE

MAILING ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

STREET ADDRESS: \_\_\_\_\_

CITY, STATE, ZIP: \_\_\_\_\_

TELEPHONE: (HOME) \_\_\_\_\_ (WORK) \_\_\_\_\_

EMERGENCY CONTACT: \_\_\_\_\_ TELEPHONE: \_\_\_\_\_

RELATIONSHIP: \_\_\_\_\_

ARE YOU A COUNTY EMPLOYEE (NOT STATE): YES/ NO

By signing this paper, I hereby agree to the following provisions:

1. I have read and agree to abide by the Rules of the Dare County Center Fitness Room, as they may be amended from time to time. I understand that a current copy of the Rules is available for inspection at the Dare County Center Fitness Room, and that my presence at the Dare County Center signifies my agreement to abide by the current Rules.
2. I understand that physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The Dare County Center has facilities for and provides activities such as weight lifting running, aerobic activities, classes and other activities. Some of these activities involve strenuous exertions of strength, some require quick movements involving speed and change of direction, and others involve sustained physical activities, which places stress on the cardiovascular system. The specific risks vary from one activity to another but the risks

range from minor injuries (scratches and bruises) to major catastrophic injuries, including paralysis and death.

3. I have been informed of the strenuous nature of use of this exercise equipment and this exercise program and the potential for unusual, but possible, detrimental physiological consequences of participating in the program, including but not limited to abnormal blood pressure, fainting, heart attack, stroke or death.
4. I have been informed that I should not participate in the progressive exercise programs without first consulting my personal physician and obtaining his/her opinion about my physical condition.
5. I have either consulted my physician, who has given his/her opinion that my physical condition allows my participation without likely adverse consequences, or I have elected not to contact my physician.
6. I hereby release Dare County, The Dare County Center, its director, instructors, facilities, employees and all persons involved with the progressive exercise programs and Fitness Center from any and all claims, demands or causes of action relating to or arising out of my presence (including the presence of any of my guests) at or my participation in progressive exercise activities, participation in the Fitness Center or at any Dare County facility, or any facility used by Dare County for the expressed purposes, which presence or participation may result in my death or injury to me of any sort whatsoever. This release is continuing and of full force and effect until such time as I revoke it in writing and deliver such revocation to the Director of The Dare County Center or Dare County Public Services Director or the Dare County Center Fitness Coordinator.
7. This release shall also bind my spouse, dependents, heirs, executors, administrators and personal representatives to these same previously described liability release conditions.
8. I, for myself, my heirs, personal representatives and or assigns do hereby release, waive, discharge, and covenant not to sue Dare County, The Dare County Center, its directors, employees, or instructors from liability from any and all claims (including, to the maximum extent allowed by law, claims arising from the negligence of Dare County, The Dare County Center, its directors, employees, or instructors) for personal injury, accidents, or illnesses (including death), and/or property loss arising from participation in activities, classes, and use of fitness facilities, or equipment in the Dare County Center.
9. I further agree to indemnify and save and hold harmless Dare County, The Dare County Center, its directors, employees, or instructors from any and all claims, actions, suits, procedures, losses, liability, damages, or costs, including attorney's fees, as a result of my presence at the Dare County Center (including any of my guests), whether caused by negligence of Dare County, The Dare County Center, its directors, employees, or instructors and to reimburse Dare County, The Dare County Center, its directors, employees, or instructors for any such expenses incurred.

10. I have carefully reviewed this release and Physical Activity Readiness Questionnaire and I know, understand and appreciate these and other risks that are inherent in the activities made possible by the Dare County Center. I hereby assert that my participation is voluntary and that I knowingly assume all such risks and have voluntarily signed it.

By signing below I agree to adhere to the Dare County Center Code of Conduct.

THIS IS THE \_\_\_\_\_ DAY OF \_\_\_\_\_, 20\_\_\_\_\_

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(PRINT NAME)

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(SIGNATURE)

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(If under 18, PARENT/ GUARDIAN PRINT NAME)

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(If under 18, PARENT/ GUARDIAN SIGNATURE)

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

WITNESS \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**



# PAR-Q & YOU

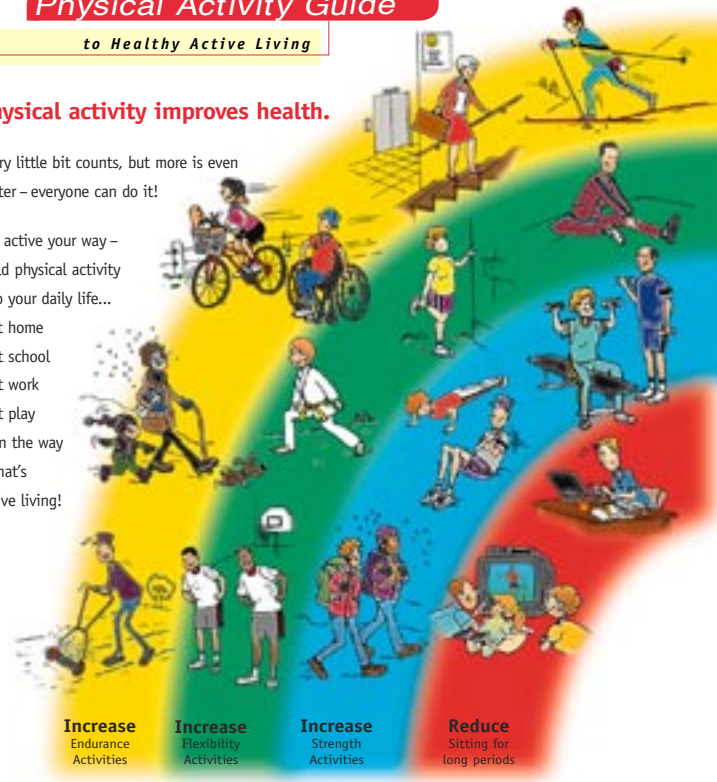
CANADA'S  **Physical Activity Guide**  
to Healthy Active Living

## Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
  - at school
  - at work
  - at play
  - on the way
- ...that's active living!



- Increase** Endurance Activities
- Increase** Flexibility Activities
- Increase** Strength Activities
- Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

**Endurance**  
4-7 days a week  
Continuous activities for your heart, lungs and circulatory system.

**Flexibility**  
4-7 days a week  
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

**Strength**  
2-4 days a week  
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or [www.paguide.com](http://www.paguide.com)

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

## Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
60 minutes	30-60 minutes	20-30 minutes		
<ul style="list-style-type: none"> <li>• Strolling</li> <li>• Dusting</li> </ul>	<ul style="list-style-type: none"> <li>• Light walking</li> <li>• Volleyball</li> <li>• Easy gardening</li> <li>• Stretching</li> </ul>	<ul style="list-style-type: none"> <li>• Brisk walking</li> <li>• Biking</li> <li>• Raking leaves</li> <li>• Swimming</li> <li>• Dancing</li> <li>• Water aerobics</li> </ul>	<ul style="list-style-type: none"> <li>• Aerobics</li> <li>• Jogging</li> <li>• Hockey</li> <li>• Basketball</li> <li>• Fast swimming</li> <li>• Fast dancing</li> </ul>	<ul style="list-style-type: none"> <li>• Sprinting</li> <li>• Racing</li> </ul>
Range needed to stay healthy				

## You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

## Benefits of regular activity: Health risks of inactivity:

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• better health</li> <li>• improved fitness</li> <li>• better posture and balance</li> <li>• better self-esteem</li> <li>• weight control</li> <li>• stronger muscles and bones</li> <li>• feeling more energetic</li> <li>• relaxation and reduced stress</li> <li>• continued independent living in later life</li> </ul> | <ul style="list-style-type: none"> <li>• premature death</li> <li>• heart disease</li> <li>• obesity</li> <li>• high blood pressure</li> <li>• adult-onset diabetes</li> <li>• osteoporosis</li> <li>• stroke</li> <li>• depression</li> <li>• colon cancer</li> </ul> |
|--|--|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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### FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

#### References:

- Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. **J. Clin. Epidemiol.** 45:4 419-428.
- Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.
- PAR-Q Validation Report, British Columbia Ministry of Health, 1978.
- Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). **Can. J. Spt. Sci.** 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology  
202-185 Somerset Street West  
Ottawa, ON K2P 0J2  
Tel. 1-877-651-3755 • FAX (613) 234-3565  
Online: [www.csep.ca](http://www.csep.ca)

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

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