

Revised 4/8/2022

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

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

# Fitness Center Packet



COUNTY OF DARE

P.O. Box 1000, Manteo, North Carolina 27954

**Virginia S. Tillett Community 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 (required)**
- 4. Review waiver**
- 5. Virginia S. Tillett Community Center Code of Conduct**
- 6. Go over sign-in procedure and maximum occupancy plan**
- 7. Explain procedure of properly cleaning equipment**
- 8. Explain use of cardio equipment**
- 9. Explain use of resistance equipment**
- 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**

## **Virginia S. Tillett Community Center Fitness Rules**

- Prior to participation, it is required that patrons undergo an orientation, sign a waiver and complete the PAR-Q. Photo ID and proof of residency or property ownership is required.
- Patrons of the fitness center 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 a.m.-7:00 p.m. Monday through Thursday and 7:00 a.m.-5:00 p.m. on Fridays. The Virginia S. Tillett Community Center is closed on all County holidays.
- To access the fitness room please use the front entrance of the building. The fitness room door leading to the outside is for EXIT ONLY.
- When using the fitness center before 8:30 a.m. or after 5:00 p.m. do not bring any other persons who have not had an orientation, all other rooms in the Virginia S. Tillett Community Center are restricted.
- When using the fitness center at any time please do not bring children under the age of 16, they are not permitted to be unsupervised in the building.
- Participants are required to check-in upon each visit to the Virginia S. Tillett Community Center using the touchscreen computer located near the main entrance of the building. This can be done with a swipe card (cost for card is \$5.00 per card) or by typing in your name and phone number (no cost). To obtain a swipe card, see front office staff between the hours of 8:30 a.m. and 5:00 p.m., Monday through Friday.
- 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 strictly prohibited.
- Food and gum are not permitted in the fitness center.
- Water and fitness drinks are allowed as long as they are contained in a sealed non-glass container.
- ALL EQUIPMENT should be returned to their original settings and places immediately after use.
  - Lower the incline setting on treadmills.
  - Re-rack dumbbells after use in an orderly fashion. Do not drop or throw dumbbells at any time.
  - Disengage all resistance pins on strength equipment immediately after use.
- All participants are required to wipe down cardio and strength equipment handles and padding after each use with the towels and disinfecting solution provided. Spray the solution on the towel, never directly on the equipment. Refrain from carrying around spray bottles. DO NOT wipe down the computer screen of cardio equipment.
- There is a 30 minute time limit on all cardio equipment. If other machines are available and there are no patrons waiting you may exceed the 30 minute time limit to a maximum of 1 hour.
- Allow fellow patrons to “work in” between sets when you are using resistance equipment.

- 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 a Virginia S. Tillett Community Center staff member.
- Promptly report any malfunctioning equipment or personal injuries to a Virginia S. Tillett Community Center staff member immediately.
- Please cover any open wounds. A First Aid kit is located in the fitness room and in other locations of the building.
- Towels are not intended for personal use. Please bring a personal towel to be used on your body.
- Return used fitness center towels to the towel bin before leaving the fitness center.
- In general, please be courteous and respectful to other fitness center participants while exercising patience and compliance with equipment time limits and rules.
- No outside contracted personal trainers are permitted. Personal training services are not available. Please inquire with the current Fitness Coordinator for Fitness Assessments and Equipment Instruction,
- The use of cell phones for the purpose of calls and texts is prohibited. The landline phone located in the fitness center is for emergency use only.
- Personal audio devices are permitted with the use of headphones.
- Personal items may be kept in the storage cubby provided in the fitness center. All items brought in must fit within one cubby and on one coat hook. Bags cannot be stored on the fitness floor, we encourage you to bring in minimal personal items.
- The Virginia S. Tillett Community Center and its staff is not responsible for lost or stolen items. Inquire with staff about the lost and found if a personal item has been lost or is missing.
- Thermostat, fan, music, and television controls are not permitted to be changed by fitness center patrons. Please see Virginia S. Tillett Community Center Staff member for changes.
- Have fun, get fit, and be healthy!

Failure to comply with all Virginia S. Tillett Fitness Center rules is grounds for dismissal.

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Print Name

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Signature

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Date



# COUNTY OF DARE

P.O. Box 1000, Manteo, North Carolina 27954

## Virginia S. Tillett Community Center Fitness CONTINUING RELEASE FROM LIABILITY

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

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

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

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

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

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

TELEPHONE: (PRIMARY) \_\_\_\_\_ (SECONDARY) \_\_\_\_\_

EMAIL: \_\_\_\_\_

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

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

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

PLEASE LIST ANY KNOWN ALLERGIES AND MEDICAL CONDITIONS

\_\_\_\_\_  
\_\_\_\_\_

*\*Optional: (the following information will be used for statistical purposes only)*

Marital Status:                      Single                      Married  
Ethnicity:      African American      Asian                      Latino                      Caucasian      Other \_\_\_\_\_

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

1. I have read and agree to abide by the Rules of the Virginia S. Tillett Fitness Center, as they may be amended from time to time. I understand that a current copy of the Rules is available for inspection at the Virginia S. Tillett Fitness Center, and that my presence at the Virginia S. Tillett Community 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 Virginia S. Tillett Community 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 Virginia S. Tillett Community 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 Virginia S. Tillett Community Center or Dare County Public Services Director or the Virginia S. Tillett Community 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 Virginia S. Tillett Community 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 Virginia S. Tillett Community 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 Virginia S. Tillett Community Center.

9. I further agree to indemnify and save and hold harmless Dare County, The Virginia S. Tillett Community 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 Virginia S. Tillett Community Center (including any of my guests), whether caused by negligence of Dare County, The Virginia S. Tillett Community Center, its directors, employees, or instructors and to reimburse Dare County, The Virginia S. Tillett Community 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 Virginia S. Tillett Community 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 Virginia S. Tillett Community 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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(Parent/Guardian Phone Number)

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(If under 18, PARENT/ GUARDIAN SIGNATURE)

I acknowledge and agree that any interviews, photographs, writings, audio, or video may be used or published by the Virginia S. Tillett Center or media partner approved by the Virginia S. Tillett Community Center, for informational, news, current events, publicity or any other purposes which are legal and approved by Dare County.

Initial: YES \_\_\_\_\_ / NO \_\_\_\_\_