



# Shepherd Center

2020 Peachtree Road, NW  
Atlanta, GA 30309-1465  
404-352-2020 [shepherd.org](http://shepherd.org)

## **ProMotion Fitness Center Rules and Release Form**

### **Weight Room Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All weight room users must sign-in in the weight room.
- Please return weights to their racks and replace equipment after use.
- Limit time on aerobic equipment to 30 minutes.
- Please remember to use proper gym etiquette (wipe off equipment after use, mix sets to minimize waiting time, etc.).
- Athletic shoes and shirts are required.
- Personal items must be left in lockers/locker rooms.
- ProMotion users are expected to practice proper personal hygiene.
- All weight room users are required to be oriented on use of equipment prior to using.
- Spotting is required for use of the bench press. Please ask the exercise specialist for assistance.
- No food or beverages allowed.
- All participants who require Ace wraps to perform their exercises must provide their own for each visit.
- If you require assistance with multiple exercises and/or machines, you must bring an individual to assist.

### **Gymnasium Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All gym users must sign-in in the weight room.
- No street shoes or heels allowed on the gym floor.
- No food or beverages allowed.
- No dunking or hanging on the basketball goals.
- Athletic shoes and shirts are required.
- Personal items must be left in lockers/locker rooms.
- Please return balls to the weight room.

### **Pool Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All pool users must sign-in in the pool area.
- Please place equipment in the storage area after use.
- Pool towels are for inpatient use only.
- ProMotion users are expected to practice proper personal hygiene.
- Shoes and clothing must be worn when leaving the pool area.
- No food or beverages allowed in the pool area.
- Please shower before entering the pool.
- Maximum bathing load is 50.
- Personal items must be left in lockers/locker rooms.
- No running, diving or rough play.

- No jewelry allowed in the pool.
- No glass containers.

**Track Rules:**

- No one under 16 years of age is allowed without adult supervision.
- All track users must sign in on the clipboard located on the track.
- No roller-skates, roller-blades or bikes allowed.
- Shoes and shirts are required.
- Participants walking/jogging side by side should yield to passing traffic. Slower walkers/joggers should use the outside lanes.
- Please do not lean on or sit on the inside rail.
- No food or beverages allowed.

**Locker Room Rules:**

- You must wear non-skid footwear while accessing the locker rooms.
- If attending to an individual in the locker room, the sex of the individual needing assistance will determine which locker room is used.
- If transferring from a shower chair, you must bring someone to assist with securing the chair.

**PROMOTION FEE AGREEMENT & RELEASE FORM**

\_\_\_\_\_ The initiation fee will serve as a one-time only charge, unless membership is canceled  
(Initials) and later reinstated, or fees are allowed to lapse for more than one month. All member  
ship fees must be paid in advance for a minimum of six (6) months. Shepherd Center  
employee membership fees must be paid through payroll deduction. **Membership fees  
are non-refundable.**

\_\_\_\_\_ I have received and read the membership information packet. I agree to all information,  
(Initials) rules, and guidelines.

\_\_\_\_\_ I give the ProMotion staff permission to contact my physician(s) for any referrals,  
(Initials) approvals, or clarifications of my medical history that are necessary for my participation  
in any aspect of ProMotion.

\_\_\_\_\_ I will update ProMotion staff immediately of any new health risks/changes in my medical  
(Initials) history.

\_\_\_\_\_ If my application for ProMotion is accepted and I am permitted to participate in this  
(Initials) program, I, the undersigned, on behalf of myself, my heirs, executors and administrators,  
and assigns hereby agree that Shepherd Center or any co-sponsoring organization,  
facility, of its officers, directors, employees, volunteers or agents, shall not assume or  
have any responsibility or liability for expenses or medical treatment or for compensation  
for any injury that I may suffer during or resulting from my participation in ProMotion.  
Further, I the undersigned, on behalf of myself, my heirs, executors and administrators,  
and assigns hereby agree to waive, release, indemnify, hold harmless and forever  
discharge Shepherd Center, its employees and/or agents, from any and all liability and  
causes of action, including claims for damages, that I may have or that may accrue in  
connection with my participation in ProMotion.

Signature \_\_\_\_\_

Date \_\_\_\_\_