



## REGISTRATION AND LIABILITY FORM FOR UNMANNED ACCESS TO FAMILY AND MWR FACILITIES

I understand and agree that access to the fitness facilities during Unmanned hours is a privilege, which can be revoked for a violation of the following rules. I agree to abide by the Family & MWR rules during Unmanned hours of operation as stated below. Rules may be amended periodically by the Chief, Community Recreation, Family & MWR.

REGISTRATION: Please print the following information:

Printed Name & Grade/Rank: \_\_\_\_\_ Unit/Organization: \_\_\_\_\_

DOD#: \_\_\_\_\_ PCS Date: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Email (Official): \_\_\_\_\_ Duty Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Classification: (Circle one) Active Duty Military Retiree DOD Civilian Contractor

☐ I give my permission to receive information on Family & MWR promotions, events, and activities.

RULES DURING UNMANNED HOURS OF OPERATION:

ACTION / INFORMATION	Initials
I will register my Common Access Card (CAC)/ID card and sign this form before accessing the facilities during 24/7 and Unmanned hours.	
I must scan my CAC once for each entry and if I am already in the facility when it closes, I will exit and scan my CAC again for access and accountability.	
Sharing access during Unmanned hours will be considered theft of services and access privileges will be terminated immediately.	
Upon entering or exiting the facility, I must ensure the access door closes securely behind me. All other doors must remain closed at all times unless needed for emergency egress.	
I understand that Unmanned Fitness Center access (via CAC/ID) will only be granted to Active-Duty Military (Age 17+) and registered, Family Members, DOD Civilians, Contractors and Retirees that are of age 18 years and older with a CAC authorized by the Detroit Arsenal. <b>Guests and those under age 18 are not authorized at any time.</b>	
Areas that are not available for use will be locked and marked as restricted, to include all storage rooms and other areas.	
All normal rules of proper dress, machine usage, and etiquette remain in effect.	
Security cameras will monitor all activities in the facilities at all times. Any behavior that violates law and policy (criminal behavior, intentional damage to property, theft, assault and inappropriate behavior) will not be tolerated and will be prosecuted under applicable laws or regulations. Equipment must remain inside the facility and will not be taken outside under any circumstances.	
I am expected to conduct myself in accordance with the applicable laws/rules, installation community standards, and good standards of conduct. I will not partake in horseplay or other conduct that will jeopardize my safety or the safety of others.	
I understand that I can only bring Personal Fitness Equipment (PFE) into the facility during 24/7 or Unmanned hours. PFE is considered weight belts, gloves, wrist wraps, knee sleeves, bands, hydration and towels. No other PFE is allowed.	
I am responsible to report any misuse, abuse, or violation to the Military Police immediately and the Family and MWR Staff.	
Holding or propping any door open is strictly prohibited and will result in the loss of my access privileges.	
I will find and assess potential risks before engaging in any activity and will take responsible precautions to mitigate the risk of injury, including exercising with someone or using cardiovascular, weight or select equipment. Patrons are highly encouraged to use the buddy concept.	

A spotter is strongly recommended when using free-weight bars. If a spotter is unavailable, a rack with spotter arms or other safety devices will be used. Additionally, it is recommended not to exercise above my training limits or experience.	
During Unmanned hours, the Fitness Center Staff will not be available to respond to emergencies. If assistance is needed, the emergency phone and first aid kit are located by the Front Desk. It is my responsibility to be aware of their locations. I have identified locations of Emergency Telephone and First Aid Kit.	
Family and MWR is not responsible for my personal property.	
<b>I have identified the location of the first aid kit and emergency phone numbers: Any Emergency: Dial 911      Military police: 586-282-7117</b>	
In the event of a power outage, the facility will close immediately, and I am to gather my belongings and exit the building promptly. I will ensure door(s) are secured upon exit.	
In the event of a Natural Disaster, Major Accident, CBRNE incident or active shooter, I will execute lockdown or evacuation procedures, whichever is warranted for the incident at hand. The highest-ranking member will take charge during lockdown situations and proceed to contact their supervisor for further instruction.	

### **ASSUMPTION OF RISK OF INJURY AND WAIVER OF CLAIMS:**

In consideration of access to the Family & MWR Unmanned fitness facilities and use of the exercise equipment and facilities provided by Detroit Arsenal Family and MWR, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that Family & MWR, United States Army and United States Government, and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, or my guest in, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the Family & MWR. By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me, and I hereby fully and forever release and discharge the Detroit Arsenal, Family & MWR, United States Army and United States Government, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities. I expressly agree to indemnify and hold the Detroit Arsenal, Family & MWR, United States Army and United States Government harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me. I agree to be solely responsible for safety and wellbeing of myself. Initials \_\_\_\_\_

**PRE-EXISTING MEDICAL CONDITIONS.** I represent that I am in good physical health and have no symptoms, medical conditions, impairments, or diseases that might be aggravated, worsened, or induced by my intended use of the Family & MWR facilities. If I have any health or medical concerns now or after I register, I will immediately discontinue my use of the fitness center until I am cleared for physical activity by a physician. I agree not to engage in a use of the fitness center that will result in self-injury. Initials \_\_\_\_\_

I understand that the Family & MWR does not provide supervision, instruction, or assistance for the use of the facilities and equipment during unmanned hours. Initials \_\_\_\_\_

I agree to comply with all rules imposed by the Family & MWR regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner during Unmanned Hours at the Detroit Arsenal Family & MWR Fitness Center and to refrain from using any equipment in a manner inconsistent with its intended design and purpose. Initials \_\_\_\_\_

I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death. Initials \_\_\_\_\_

I understand and agree that the Family & MWR is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises. Initials \_\_\_\_\_

I understand and agree that my use of the facilities and equipment is only to be undertaken on my own personal time, and that my use of the facilities and equipment is not within the course or scope of my employment. Initials \_\_\_\_\_

I am ☐ / am not ☐ familiar with the safe operation of all fitness equipment available during unstaffed hours. If not, an equipment orientation is required before using facility after-hours. ORIENTATION DATE: \_\_\_\_\_

I certify that I have read and understand the Family & MWR rules and risk of liability. I agree to abide by these terms during Unmanned hours of operation. **X** \_\_\_\_\_

Signature

Date