

ITHACA COLLEGE WELLNESS PROGRAM

NEW MEMBERSHIP AGREEMENT

Name _____

The Wellness Clinic is part of the Department of Experiential Learning (DEL). The goal in DEL is for students to transfer their knowledge and experiences from the classroom to situations outside of the classroom. Fitness specialists and floor monitors are here to provide quality health and fitness services to the IC community while enhancing their practical experience through genuine guided clinical training.

Terms of Contract

1. Membership duration is exactly one year from the date of your medical/health history submission. Upon this ending date all memberships must be renewed in order to continue use of the facility.
2. There is no membership fee for current Mind, Body, Me Wellness Program members or retired employees who served the college for at least 10 years.
3. For all others, the membership fee for one year is \$175.00 and must be paid before facility usage.
4. A membership can be renewed at the end of the year simply by maintaining Mind, Body, Me Wellness program membership or paying the membership fee **AND** updating your medical/health history.
5. The IC Wellness Clinic accepts cash and checks for payments. You can also pay through payroll deduction. (Checks should be made payable to Ithaca College.)

Promises of the Ithaca College Wellness Program

1. Maintain a safe, clean environment.
2. Provide prompt service to all members, including exercise assistance, feedback, and scheduling.
3. Maintain properly trained and supervised staff.
4. Maintain a positive learning environment for participants, staff, and students.
5. All client records will be confidential. However, data may be averaged in with others for group reporting. Confidentiality will still be maintained.

Expectations of the member

1. Pay amounts due in a timely manner.
2. Complete pre-participation screening prior to participation and update medical/health history when there are changes or minimally each year.
3. Submit medical clearance from physician as deemed necessary.
4. Abide by all policies and procedures of the Clinic.
5. Actively and openly participate in the student learning experience on the exercise floor and during all provided services (i.e, student staff are expected to engage with clients and provide exercise assistance and feedback).
6. Participate in fitness re-evaluations every year and graded exercise testing (GXT) every three years.
7. Operate equipment safely and cautiously.
8. Notify Clinic staff immediately about any observed unsafe condition or practice.
9. Notify Clinic staff of any personal health or fitness conditions that impact member's ability to participate in health or wellness activities, programs, or use of equipment.

I _____ agree to the above information. I acknowledge that I have read and understood all member agreement issues, and I hereby agree to the following rules, regulations, and responsibilities of the Ithaca College Wellness Program.

Signature _____ Date _____