

Date _____

**2010
Oceanside Village Fitness Center
Application Form**

Name: _____

OSV Address: _____

Mailing Address: _____

Home Phone #: (with area code) _____

Cellular #: (with area code) _____

Emergency Phone # and Contact Person: _____

E-mail Address _____

Please Print

Age (if under 18 years of age): _____

Parents Name (if under 18 years of age): _____

*****I have received a copy of the OSV Fitness Center rules and regulations.*****

Signature of Applicant

Signature of Employee

Office Use Only:

Membership Dates: _____

Card #: _____



Oceanside Village Fitness Center

Rules and Regulations

1. You must be 16 years of age to be in the fitness center.
2. Photo ID card and entry card must be obtained before using fitness center.
3. No food, tobacco of any kind, chewing gum, glass bottles, or cans is allowed. If you wish to carry a beverage with you, it must be water in a plastic container with a lid/cap.
4. Profanity or excessively loud or suggestive language will not be allowed.
5. All users are encouraged to bring a clean towel to use on the weight equipment, and to wipe down cardiovascular equipment. (Covering the padded equipment with a towel helps prolong the life of the equipment and keeps everything clean for the next user.)
6. Spray bottles of sanitizing will be available to clean equipment after each use.
7. All equipment must remain in the area it was placed. Do not move equipment from one location to another.
8. All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.
9. Do not attempt to use equipment if unfamiliar with the proper use.
10. Patrons should use extreme caution in lifting weights to avoid potential injuries to themselves or others.
11. Appropriate exercise attire is required in the weight and fitness room; t-shirts, shorts, warm-up suits, sweat suits, aerobic attire, and athletic shoes are acceptable attire when working out. Closed-toe athletic shoes are required. Sandals, open-toe shoes, hard-soled shoes, string tank tops, cut-off tank tops, mesh tank tops, jeans, street clothing, and anything that compromises the safety and professionalism of the weight and fitness room are prohibited.
12. All weight training should be performed in a controlled, safe manner. Dropping, slamming, or bouncing of weights (both with free weights or selectorized weight training equipment) is prohibited. Olympic lifting is prohibited.

13. Only personal stereos with headsets are allowed.
14. It is recommended that you consult your physician prior to starting an exercise program. You may be at risk if you have heart trouble, spells of dizziness, high blood pressure, and bone or joint problems.
15. The ID badge and entry card remains the property of Oceanside Village and can be revoked at the discretion of Management.

The Fitness Center is an unsupervised area and equipment is used at your own risk.

**Check equipment before you use it.
Report any equipment that may be in need of repair.**

Date _____

Name (Please Print) _____

OSV Address _____

Signature _____

Hours are 5:00 a.m. – 10:00 p.m. daily.