

IMF FITNESS CENTER

Membership Application



Hours of Operation:

Monday-Thursday

7:00am-8:00pm

Fridays

7:00am-7:00pm

Excluding Fund Holidays

202.623.6559

fitnessc@imf.org

HQ1-OR-700

The International Monetary Fund Fitness Center

Personal and Emergency Contact Information

Name _____ Application Date: _____
Last First Middle Initial

Fund ID # _____ Birth Date _____ Age _____ Gender: M F

Office Address:

Building # _____ Room # _____ Office Phone Number _____
Email Address _____

Member Category:

☐ Staff ☐ Contractual ☐ Retiree/Spouse/Domestic Partner
☐ Intern ☐ Vendor ☐ Day Pass

Home Address (Intern/Spouse/Domestic Partner/Retiree Use ONLY):

_____ Phone Number _____
Street address City State Zipcode
Email Address _____

If you are a **VENDOR**, do you work full-time on Fund premises? ____ Yes ____ No

Emergency Information:

Physician Name _____ Phone _____

OR

Emergency Contact Name _____

Relationship _____

Phone (U.S. NUMBERS ONLY) _____

Email: _____

PAYMENT AUTHORIZATIONS:

STAFF/CONTRACTUAL STAFF pay via payroll deduction \$34/month

Signature for Payroll Deduction ONLY (Staff/Contractual Members)

NON-PAYROLL MEMBERS pay via monthly credit card or ACH autopay \$34/month

Signature for automatic monthly credit card transaction or bank ACH withdraw

INTERN must pay \$68 for 2-month internship or \$102 for 3-month internship

NOTE: Refunds will not be given for any unused portion of membership. Non-payroll members must cancel 5 business days prior to the 1st of the month to avoid being charged for the following month. **To cancel, email FitCancel@imf.org.**

The International Monetary Fund Fitness Center

PARTICIPANT QUESTIONNAIRE

This participant questionnaire will help you to identify if you have significant health issues. The questionnaire is voluntary. Whether you choose to complete the questionnaire, you are still required to sign the exercise program participation waiver at the end of this form.

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should first check with their doctor before they start becoming much more physically active.

The participant questionnaire will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check **YES** or **NO**.

- | | YES | NO | |
|----|--------------------------|--------------------------|--|
| 1. | ☐ | ☐ | Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor? |
| 2. | ☐ | ☐ | Do you feel pain in your chest when you do physical activity? |
| 3. | ☐ | ☐ | In the past month, have you had chest pain when you were not doing physical activity? |
| 4. | ☐ | ☐ | Do you lose your balance because of dizziness or do you ever lose consciousness? |
| 5. | ☐ | ☐ | Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity? |
| 6. | ☐ | ☐ | Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition? |
| 7. | ☐ | ☐ | Do you know of any other reason why you should not do physical activity? |

I hereby indicate that I do not wish to complete the Participant Questionnaire.

Print Name

Date

Signature

The International Monetary Fund
Fitness Center
**Informed Consent for Exercise Program Participation and
Waiver of Claims**

The International Monetary Fund has made available facilities and equipment for the benefit of its associates.

The IMF Fitness Center will be operated by Aquila, who will manage the daily operations of the IMF Fitness Center, provide associates with professional assistance with personal exercise programs, if desired, and coordinate health education/wellness activities.

You have expressed interest in participating in exercise activities at the IMF Fitness Center. This document has been created to help you understand the various risks associated with such participation so that you may make an informed decision with regard to your participation.

OPPORTUNITIES

As a user of the IMF Fitness Center, many opportunities will be available to you. These opportunities include, but will not be limited to:

- Group exercise classes such as: TRX, Cardio Classes, Zumba, Pilates, Yoga, H.I.I.T. and Indoor Cycling. Use of cardiovascular training equipment such as stationary bicycles, stair climbers, rowers, elliptical trainers, and treadmills.
- Use of strength training equipment including machines and free weight equipment.

The Aquila staff will be available during normal operating hours at the IMF Fitness Center to assist you in the use of the facility or any of the equipment. It is your responsibility to use the facility and equipment safely, and to request assistance in the use of any apparatus with which you are unfamiliar. Aquila strongly encourages you to seek the assistance of its on-site staff in the development of an exercise program that is appropriate to your needs, desires and abilities.

RISKS

If you elect to use the IMF Fitness Center or any portion of the facility, or if you elect to participate in any related programs, your use and participation will be at your sole risk. You are advised to consult with your personal physician before beginning to use the IMF Fitness Center or participating in any related activity. In addition, if deemed advisable by your physician, you should consult with him or her on an ongoing basis. The Aquila staff will assist you, if requested, in learning to use the exercise equipment and in developing an exercise program. Staff may also conduct exercise testing upon your request; however, you should not view their assistance or the results of any exercise tests as a medical diagnosis or statement about your health. Moreover, the fitness staff will not be responsible for monitoring your use of the IMF Fitness Center or equipment.

Even consultation with your physician and engaging in regular exercise in no way guarantees against the possibility of adverse occurrences during exercise sessions or use of other IMF Fitness Center facilities. Possible risks include, but are not limited to, transient dizziness, fainting, muscle cramping, musculoskeletal injury, sprains and strains, heart attack, stroke, or sudden death. Please contact your physician for further details.

CONFIDENTIALITY OF RECORDS

All personal and medical information Aquila obtains as part of your admittance into the IMF Fitness Center will be kept strictly confidential. This information will not be given to anyone, including any officers or employees unless it is necessary to respond to an emergency or if required by law.

WAIVER AND RELEASE

In consideration of being given the option to use the IMF Fitness Center, I do, for myself and my family, heirs, executors, representatives, administrators and assigns, hereby waive, release and forever discharge the International Monetary Fund and Aquila, and their respective officers, directors, employees and agents, from and against any and all health claims, liabilities and causes of action, whether foreseeable or unforeseeable, which may at any time arise out of or relate in any manner, directly or indirectly, to my use of said fitness/wellness center or participation in any services or programs related thereto. This Waiver and Release shall include, but not be limited to a release of all claims, liabilities and causes of action which may arise at any time in connection with any personal or other injury to me or others, or death, caused by or related to my use of said fitness center, or participation in any services or programs related thereto.

SIGNATURE

In signing this form, you state that you have read and fully understand the descriptions and the risks described herein. Any questions you have raised have been answered to your satisfaction. Furthermore, you state that you understand the use of the IMF Fitness Center and related programs is completely optional, and that you may withdraw from participation at any time at your discretion.

APPLICANT

Print name

Signature

Date

WITNESS

Print name

Signature

Date

For Staff Use Only

DATE _____

_____ Check signatures (3) throughout packet

_____ Membership entered into Mind Body

_____ Membership activated in PeopleSoft

3 Day trial End Date _____

_____ Membership folder prepared

_____ Member added to email list/clipboard

_____ Barcode received

Barcode # _____

Check # (if applicable) _____

Amount Paid (if applicable) _____

The International Monetary Fund

Fitness Center

Rules and Regulations

General Rules

2. Members must receive an ID/ Key Tag/Barcode for admittance to the facility.
3. Members MUST check-in at the front desk when using the facility or any fitness related activity.
4. Members must wear appropriate attire/shoes throughout the entire facility for health and safety reasons.
5. The Fitness Center is not responsible for personal belongings that are lost, stolen, or damaged.
6. Day use lockers are available to members only during that business day. Items left overnight will be removed and stored by the fitness center staff following a 24-hour grace period, indicated by a sign placed on the locker.

Group Exercise Class Rules:

1. Class Etiquette: Early arrivals should wait outside the group exercise studio for the preceding class to end. Late arrivals will have a ten (10) minute grace period to join at the back of the class, so as not to disturb the class in session.
2. Certain classes have a limited number of spaces available for member participation. These classes may be limited due to space requirements or equipment. To participate in these classes, members will sign up in advance using the MindBody system. After 5 minutes, if there is still available, waitlisted members will be admitted.

Court Rules:

1. Reservations will be made through the MindBody system. Members may make their court reservations up to two (2) working days in advance.
2. Players who cannot play during their reserved time are expected to call and cancel the reservation. If a player has not arrived after ten (10) minutes of the reserved time, the court becomes available for use on a first-come, first-serve basis.
3. Back-to- back reservations (two continuous reservations for the same player) will not be permitted.
4. Players must wear clean, non-marking, smooth, rubber-soled shoes on the courts.
5. Eye goggles must be worn during play while participating in racquet sports.

Fitness Area Rules:

1. Members are limited to 20 minutes on each piece of cardiovascular equipment (Stairmaster, treadmill, stationary bike, Espresso bike, Arc Trainer, AMT, elliptical, ski machine and rower) while others are waiting.
2. When using strength machines, members are asked to yield, after finishing their set. This will allow other members to access the machines.
3. Members are asked to use the wipes provided to clean exercise equipment after usage.
4. Members are responsible for returning exercise equipment and accessories back to their proper location.
5. Members are asked to see fitness center staff for assistance with machines if necessary.

Membership Policies:

Membership Activation:

Your membership to the fitness center will be activated as soon as your application is received. Staff and Contractuals are automatically added to payroll deduction. Vendors, Interns, Retirees*, Spouses, Domestic partners are active upon first payment.

If you are taking advantage of the 3-day trial this must be used within one work week of your application being submitted to the front desk. At that point you will be processed as a fitness center member unless email notification to fitcancel@imf.org is received.

**** Retirees' spouses/partners are not eligible for membership.***

Cancellation Policy:

Cancellations must be submitted via e-mail to fitcancel@imf.org. Please submit your name, IMF Fund ID number, effective date of cancellation, and if possible, reason for cancellation. Autopay memberships (non-payroll members) must cancel 5 business days prior to the 1st of the month to avoid being charged for the following month. No Refunds will be given for memberships cancelled mid-month.

Reapplication Policy:

The standard waiting period to reinstate a membership after cancellation is two months. A cancellation period of shorter than two months, is permitted when there is a documented medical reason to support it (e.g., maternity leave, recovery from illness, injury or surgery).

Users' Group Advisory Committee (UGAC)

The UGAC represents the members and serves as a forum for conveying their interests and concerns to the Human Resources Department. All member feedback should be e-mailed to UGACcommittee@imf.org.

By my signature below I acknowledge that:

1. I have read the above rules and regulations pertaining to my participation in the Fitness Center.
2. I agree to comply with these rules and regulations and I understand that my Fitness Center membership privileges may be suspended or revoked for non-compliance.
3. I have had an opportunity to ask questions concerning all of the provisions contained in these Rules and Regulations, and fully understand them.

Signature _____ Date _____

I would like to receive Group Exercise information via email: YES

☐

NO

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