

**SANTA ANA COLLEGE
Kinesiology & Athletics
Staff Fitness Program**

| Name | Department | Phone/ Extension |
|---------------|--------------|----------------------|
| | | |
| Ticket Number | Course Title | Instructor Signature |
| | | |

Thank you for choosing our Staff Fitness Program as your workout destination! We hope to see you often and are here to help you achieve the fitness level you desire. SAC Staff Fitness Program is a non-competitive progressive training program designed to improve muscular and cardiovascular fitness. A philosophy of lifetime fitness is the ultimate objective and staff members are encouraged to develop a regular exercise program, which will be enjoyable on a long-term basis.

Everyone enrolled in the Staff Fitness Program are to follow the same written, posted, and verbal instructions as do all of our students. Cooperation with these guidelines will help ensure your safety and the safety of those working out with you. See an instructor for more information.

WAIVER:

I understand that this activity could cause serious illness and/or injury, and I assume all risks for any such illness and/or injury. In the event of illness or injury, I do hereby consent to whatever x-ray examination, anesthetic, medical surgical or dental diagnosis or treatment and hospital care considered necessary in the best judgment of the attending physician, surgeon or dentist and performed under the supervision of a member of the medical staff of the hospital or facility furnishing medical or dental services.

As a condition of my participation in this activity, I agree to waive all claims against Rancho Santiago Community College District (District) and to indemnify and hold District, its officers, agents and employees harmless from any and all liability or claims I may have against the District or that any other person or entity may have against the District because of any death, bodily injury, personal injury or illness, or because of any loss to property that may arise out of or in any way may arise out of the negligence of the District, its employees or agents.

I further acknowledge that the District does not provide any type of insurance including liability or medical coverage for students who participate in this activity.

| Emergency Contact Person | Phone # |
|--------------------------|---------|
| | |

I have no special needs the staff should be aware of and no medication is required during this activity. I have consulted with my physician and verify that I am medically fit to participate in this activity. _____(initial)

(signature)

(date)

Procedures for Enrolling in the SAC Staff Fitness Program

1. Staff Fitness Program forms are available in Kinesiology & Athletics Division.
2. Staff member fills out the SAC Staff Fitness Program form and obtains the **instructor's signature** for enrollment. One form must be filled out for each class every semester.

The Fitness Center can only be used when open for classes with faculty supervision.

If you have any questions regarding this program, please call the Kinesiology & Athletics office at (714) 564-6900.