



**FARA**  
ENHANCING YOUR QUALITY OF LIFE

## SA-17 FARA Fitness Center Membership

(Please check one)

**NEW:** \_\_\_\_\_

You are new if: (you have not been a fitness center member before) **OR** (you have been a member in the past and your membership has lapsed).

**RENEWING:** \_\_\_\_\_

Please check renewing **ONLY** if your FARA membership is still current.

Start Date: \_\_\_\_\_ End Date: \_\_\_\_\_

Name: \_\_\_\_\_

FARA Membership: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_

Badge Number: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

**Please circle a membership plan below:**

Membership Plan:

Daily Membership Available Only:

1 Year (\$300.00 / Towels \$75.00) 6 Months (\$160.00 / Towels \$40.00)

Interns: 3 Months (\$100.00 / Towels \$20.00)

Key Cards: Refundable (\$10.00)

Membership Period:      START: \_\_\_\_\_ END: \_\_\_\_\_

Emergency Contact Name & Number: \_\_\_\_\_

Phone Number: \_\_\_\_\_

**FARA FITNESS CENTER REFUND POLICY:  
REFUNDS WILL ONLY BE ISSUED FOR THE FOLLOWING REASONS:**

- If a member is leaving the Department of State for the following :
  - Permanent change of station
  - Termination from the Department
  - Retirement from the Department
  - Physician's Medical release
  - There will be no refund for less than 2 months membership remaining.

All requests for refunds must be submitted in a writing /email to FARA management.

**Agreement:** I agree to abide by all the rules and regulations that govern the FARA Fitness Center. I agree that I will use only exercise equipment I am physically fit to operate and will use the equipment in a safe and proper manner. I also realize that neither FARA nor any of its staff is liable for any personal harm or injury that may occur to me as a result of improper use of the facilities or equipment or for injuries that may be sustained as a result of ill health or pre-existing physical defect. I understand, too that FARA is not responsible for articles lost or stolen in the facility.

**Applicant Signature:**

\_\_\_\_\_/Date: \_\_\_\_\_

## **FARA Sports and Fitness RELEASE OF LIABILITY**

In consideration of gaining membership in FARA and being allowed to participate in the activities and programs of FARA and to use the facilities and equipment provided by FARA, I do hereby waive, release and forever discharge FARA employees, representatives and others from any and all responsibility or liability for injuries or damages incurred while participating in any FARA-sponsored sports and/ or exercise activity, whether on or off the FARA grounds.

I understand that participation in FARA sports activities and the use of the FARA Fitness Center, hereafter referred to as "FARA programs" , is potentially hazardous. I understand that sports and exercise activities involve risk of injury and even death and that I am voluntarily participating in FARAs Programs and using the facilities and equipment with the knowledge of the dangers involved. I hereby agree to expressly assume and accept any and all risks of injury or death, regardless of age, pregnancy, or medical condition.

I hereby acknowledge that I have been advised to seek advice from a physician regarding my participation in FARA PROGRAMS. I also acknowledge that it has been recommended that I undergo a yearly or more frequent physical examination and consultation with my physician as to my participation in FARA PROGRAMS. I acknowledge that I have either had a physical examination and have been given my physicians permission to participate, or that I have decided to participate in FARA PROGRAMS without the approval of my physician and do hereby assume all responsibility for my participation.

I certify that I have read and understand all of the foregoing and by signing this release, I am legally bound to the provisions contained herein.

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**Signature**

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**Date**

## **FARA FITNESS CENTER REGULATIONS**

1. The Fitness Center hours at present are twenty four (24) hours, seven (7) days a week. However, FARA reserves the right to change these hours without notice.
2. All dues and fees are non-refundable.
3. All “daily use lockers are for during the time you are using the Fitness Center. Anything left in the lockers overnight will be subject to disposal. FARA is not responsible for loss of property from lockers. You are urged to use a lock, but please remove it after you have finished with the locker. Locks left overnight will be subject to removal.
4. No guests are allowed to use the facility. This includes family members.
5. No smoking is allowed in the Fitness Center, nor are food or drinks.
6. Only towels are allowed in the Fitness Center. All other personal items MUST be placed in a locker.
7. Appropriate EXCERISE CLOTHES must be worn while working out in the Fitness Center.
  - a. No street clothes or shoes
  - b. No jeans or cut offsT-shirts are allowed and must meet the following criteria:
  - Must cover the chest, upper and lower back
  - Must have double shoulder straps which don't combine into one in the back
  - May be short sleeve or tank top
  - While wearing leotards, shorts or tights must be worn.
  - No crop tops, mesh shirts, half shirts or torn shirts.
  - Exercise shoes must be worn at all times. No bare feet
8. No dirty workout clothes or clothing smelling of body odor should be kept in lockers. Proper hygiene must be maintained for a safe environment for all members. FARA reserves the right to enter lockers and remove clothing that is objectionable. Please make sure you wash your workout clothing regularly.
9. Be courteous of all members and place fee weights back on racks when finished using them.
10. Limit your exercise time to 20 minutes on the cardiovascular equipment during peak hours sign-up sheets are available to guarantee your session. Keep in mind if your time is up, you must get off the equipment if someone is waiting. You may sign up for the cardio equipment Only 1 hour in advance.
11. FARA Fitness Center is not responsible for lost, stolen, or damaged property. There is a “Lost and Found” in the Fitness Center Office.

12. The Fitness Center office is for FARA Employees only, unless you are there for official business
13. No one is permitted to stretch in the aerobics room while classes are being held.
14. There will be no weight training classes or circuit classes in the weight room area. Workouts in this area are limited for only two members at one time.
15. FARA management reserves the right to at any time request for badge identification and fitness center access badge.
16. Both workout rooms in the fitness center are limited to 12 member's capacity at any one time.
17. All members are required to wipe down equipment after use.
18. At any time no fitness member will be allowed to take equipment or towels out of the facility.

**I have read and clearly understand the above FARA Fitness Center regulations and agree to abide by them or risk having my membership suspended or cancelled.**

**FARA management reserves the right to revoke or suspend any fitness center membership for violating all of the rules listed above.**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_