

STAR FITNESS CENTER

Please Print your contact information:

Date _____ Name _____ Date of Birth _____

Are you enrolled in the White Earth Tribe ___ No ___ yes (Id. Number) _____

Are you a Shooting Star Casino Employee? ___ No ___ Yes (badge number) _____

Are you employed by the White Earth Business Council? ___ No ___ Yes (badge number) _____

Daytime phone number: _____

Email Address: _____

Address: _____

City: _____ State: _____ Zip: _____

Health and fitness Goals

This questionnaire will help us understand your personal fitness goals. It is not a legal contract with us but rather a personal goal you make with yourself, and others concerned with your health. Feel free to ask fitness center staff if you have questions.

- | | | |
|--|---|--|
| <input type="checkbox"/> Lose weight | <input type="checkbox"/> Improve Flexibility | <input type="checkbox"/> Reduce Back Pain |
| <input type="checkbox"/> Stop Smoking | <input type="checkbox"/> Reduce Stress | <input type="checkbox"/> Improve Diet |
| <input type="checkbox"/> Feel Better | <input type="checkbox"/> Lower My Cholesterol | <input type="checkbox"/> Aerobic Fitness |
| <input type="checkbox"/> General Fitness | <input type="checkbox"/> Muscular Size | <input type="checkbox"/> Muscular Strength |
| <input type="checkbox"/> Sport Specific | <input type="checkbox"/> Look Better | <input type="checkbox"/> Injury Rehab |

Medical History

Have you spoken to your doctor about starting an exercise program? _____

Has a doctor imposed any activity restrictions? If so, please describe:

Have you had diabetes for less than 15 years? _____

Have you had diabetes for more than 15 years? _____

Are you a cigarette smoker? ___ No ___ Yes (Would you like help to quit smoking?) ___ Yes

Star Fitness Center -Waiver of liability

In consideration of my use of exercise equipment and facilities provided by the Star fitness center, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the Star Fitness and the White Earth band of Ojibwe, and its insurers, employees, officers, directors, and Tribal Council, shall not be liable for any damages arising from personal injuries (including death) sustained to me, or my guest in, on, or about the premises, or as a result of use of the equipment or facilities, regardless of whether such injuries result, in whole or part, from the negligence of the Star Fitness Center. By execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type which may occur to me or my guest, and hereby fully and forever release and discharge the Star Fitness Center and the White Earth Band of Ojibwe, its insurers, employees, officers, directors, and Tribal Council, from any and all claims, demands, damages, rights of action, or causes of actions, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold Star Fitness Center and the White Earth band of Ojibwe harmless against all claims, demands, damages, rights of action, or cause of action, of any person or entity, that may arise from injuries or damages sustained by me or my guest.

I agree to be solely responsible for safety and wellbeing of my guest and myself. I understand that the Star Fitness Center does not provide supervision, instruction, or assistance for the use of facilities and equipment.

I agree to comply with all the rules imposed by Star Fitness Center regarding the use of the facilities and equipment. I agree to always conduct myself in a controlled and reasonable manner, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose. I agree to be solely responsible for any damage caused by me or my guest to the Star Fitness Center while I am using the equipment and facilities.

I understand and acknowledge that the use of the exercise equipment involves risk of serious injury, including permanent disability and death.

I will not enter the facility or use the exercise equipment if I am under the influence of drugs or alcohol. I will not smoke, vape, or use drugs or alcohol while in the fitness center or the Manito Mall.

I understand and agree that the Star Fitness Center is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I HAVE READ THE FORGOING WAIVER AND THE RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

DATE: _____

PRINT NAME _____

SIGNATURE _____

PARENTS SIGNATURE (Under 18) _____

Parent Phone Number _____

STAR FITNESS CENTER

KEYCARD OR BADGE ACTIVATION

Star Fitness Center is in the Manitok Mall at 785 Hwy 59 South, Mahanomen. Doors at Star Fitness will be open 8AM – 4:30PM Monday through Friday except for RBC holidays, staff trainings, and other White Earth Public Health Events. Community members who wish to use the fitness center after hours and on weekends or holidays will need to have a key card to gain access. If you are a Shooting Star Casino employee your work badge can be activated.

Key cards & badges can be activated most week days by Star Fitness staff during work hours 8AM – 4:30PM or by appointment. You may reach staff by calling 218-935-0808 or 218-401-2421. Individuals wishing to obtain a key card or badge activation will need to fill out a Star Fitness Center application or have one on file in the last 3 years. Please read and follow all rules posted throughout the fitness center. Each person who enters Star Fitness is responsible for cleaning any equipment they use or touch. We recommend wearing a mask if you have not been vaccinated against Covid. Please be advised that computers track who enters the fitness center based on the key card assigned to them. We also have several cameras recording happenings inside the fitness center. Staff may deactivate key cards and badges if rules are not being followed and multiple infractions will result in guest being banned from our fitness centers. Having such a wonderful facility in our community, available to us, is quite a privilege. We want our community to have ownership and report any misuse of the facility or any equipment immediately.

If a key card is lost it will cost \$10.00 to replace it. Be sure to report any missing key card immediately so we can deactivate it. SHOULD DAMAGE OCCUR TO THE FACILITY FROM SOMEONE ELSE USING YOUR KEY Card - IT WILL BE YOUR RESPONSIBILITY. Please do not hand out your key card. The key card is issued to you only.

Key Card & SSC Badge access 24 hours a day for 18 & older. 15-17 years of age are allowed 6AM -10pm Monday-Friday. Saturday & Sunday 6AM – 6PM

I have read the extended hour policy and agree to follow the rules posted at Star Fitness center. I also assume and accept any and all risk of Injury.

Date: _____

Print Name _____

Daytime phone numbers _____

Participant's Signature: _____

Parent's Signature (under 18): _____

Card or SSC badge number _____