



# Mattamy Athletics Centre (MAC) & Recreation and Athletics Centre (RAC)

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www.ryersonrams.ca

(PLEASE PRINT)

LAST NAME: \_\_\_\_\_ STUDENT NUMBER: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_ MIDDLE INITIAL: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

### AGREEMENT:

- All applicants are allowed ten (10) days from date of purchase as a “cooling off” period, to apply for a full refund.
- The purchase of a membership indicates agreement to comply with all relevant Ryerson policies and procedures including Ryerson’s Harassment Policies and Procedures. Failure to abide by these policies and/or for any other reason that Ryerson deems sufficient may result in immediate termination of membership.
- I agree to pay for the listed Ryerson Athletics Centre (RAC) fees. **There is NO refund and NO transferability of MAC/RAC membership or services** (including Personal Training Services). All services end when membership expires. There is a \$50.00 fee for returned cheques, whether for insufficient funds or any other reason.
- The purchase of any RAC clinics and/or classes indicates agreement with the specific refund policies regarding them.
- This information is collected under the authority of the Ryerson University Act and may be used for the purposes of administering the membership, including communicating with the member regarding issues related to membership status. In case of a medical emergency, contact information may be used to facilitate medical treatment. The member understands that his/her student or employee number is used for the purpose of verifying status to determine membership eligibility. By attending a Ryerson Athletics event, facility, or program, you are providing your consent for any media (photos or video) captured at the event, venue or program to be used, as determined by Ryerson Athletics, for promotional or archival purposes. If you have questions about the collection, use, and disclosure of this information by the University please contact the Business Administration Manager at 416-979-5096.
- Monthly memberships are subject to automatic successive monthly renewals, unless otherwise requested by the applicant at the time of registration. The member authorizes RAC to process a monthly charge to the member’s credit card for the agreed monthly membership amount. Member acknowledges and agrees that membership fees are subject to review and change by RAC at any time and that such change in fees will be reflected in monthly membership charges to the member’s credit card. RAC will provide to the member by e-mail no less than 60 days notice of any change in membership fees. Member agrees to advise RAC of any change to his/her credit card information, in order to permit this monthly credit card charge to be processed on a timely basis. Monthly memberships and automatic successive monthly renewals may be terminated by the member at any time by providing notice of not less than fourteen (14) and not more than twenty-eight (28) days by e-mail transmission to rac@ryerson.ca, which notice shall be acknowledged.

### MEMBERSHIP CARD:

All MAC/RAC members require a Ryerson OneCard for access to the MAC/RAC facilities. New & replacement OneCards are purchased through the OneCard Office. Must show proof of current registration. **OneCard office: JOR02, tel. 416-979-5000 ext. 7565.**

SIGNATURE OF MEMBER: \_\_\_\_\_

I do not wish to be on batch renewal



### FOR OFFICE USE ONLY:

#### Payroll Deduction Renewal

Current deduction: \$ \_\_\_\_\_ New deduction: \$ \_\_\_\_\_

G RFA G OPSEU G MAC G CUPE G SR. OFFICIALS G CJRT

PAYS PER YEAR: G 52 G 26 G 12

TRANSACTION DATE: \_\_\_\_\_

CARD NUMBER : \_\_\_\_\_ - \_\_\_\_\_

NOTES: \_\_\_\_\_

# PAR - Q

## (Physical Activity Readiness Questionnaire)

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 check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q 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:

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

### IF YOU ANSWERED **YES** TO ONE OR MORE QUESTIONS...

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES to.

### IF YOU ANSWERED **NO** TO ALL QUESTIONS...

If you answered NO honestly to **all** PAR-Q questions, you can be reasonably sure that you can:

- Start becoming more physically active, begin slowly and build up gradually. This is the safest and easiest way to go.
- Take part in a fitness appraisal; this is an excellent way to determine your basic fitness so you can plan the best way for you to live actively.

**NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

### YOU SHOULD DELAY BECOMING MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever
- if you are or may be pregnant - talk to your doctor before you start becoming active

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## INFORMED CONSENT FORM

In consideration of the Board of Governors of Ryerson University and RAC's acceptance of my PAR-Q, I acknowledge, understand and I am aware that:

- Certain RISKS OF INJURY are inherent in participation in sports and recreational activities; these types of injuries may be minor or serious and may result from my own actions, or inactions of others, or a combination of both.
- The RULES AND REGULATIONS are designed for the safety and protection of participants, and I am required to abide by these rules and regulations which are publicly posted from time to time at RAC.
- Certain activities require a minimum LEVEL OF FITNESS AND HEALTH and each person has a different capacity for participating in these activities. I understand that I should be well enough to participate because the CHOICE to participate brings with it the ASSUMPTION OF THOSE RISKS AND RESULTS which are a part of these activities.
- I agree to WAIVE ANY AND ALL CLAIMS that I have or may have in the future against the Board of Governors of Ryerson University, and its members, officers, employees, students, agents, volunteers and independent contractors (all of whom are hereinafter collectively referred to as the Releasees);
- I agree to RELEASE THE RELEASEES from any and all liability for any loss, damage, injury or expense that I may suffer, or that my next of kin may suffer as a result of my participation at RAC due to any cause whatsoever including negligence, breach of contract, or breach of any statutory or other duty of care.
- I agree to HOLD HARMLESS AND INDEMNIFY THE RELEASEES from any and all liability for any damage to the property of, or personal injury to, any third party, resulting from my participation at RAC.

\*RAC is the Recreation and Athletics Centre at Ryerson University

**I HAVE READ AND UNDERSTOOD THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS INFORMED CONSENT FORM I AM WAIVING CERTAIN LEGAL RIGHTS (INCLUDING THE RIGHT TO SUE) WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTOR, ADMINISTRATORS AND ASSIGNS MAY HAVE AGAINST THE RELEASEES. ANY QUESTIONS I HAD WERE ANSWERED TO MY FULL SATISFACTION.**

Signature: \_\_\_\_\_ Date: \_\_\_\_\_