

# One South Dearborn Fitness Center Rules and Regulations

(return to Sidley Facilities Department on 9<sup>th</sup> floor)

One South Dearborn contains a Fitness Center available for Tenants' use. The Fitness Center is located on the 7<sup>th</sup> Floor and is equipped with basic cardiovascular machines and strength stations. There are men's and women's locker rooms with showers and lockers.

The Fitness Center will be open 24 hours a day 7 days a week. Please note, heat and air conditioning is provided from 7:00 a.m. to 7:00 p.m. Monday through Friday and 8:00 a.m. to 1:00 p.m. Saturdays, except holidays.

1 The Fitness Center is for the use of building employees only. Friends, relatives and visitors are not permitted in this facility.

2 Each tenant is responsible for controlling and monitoring access to these facilities, ensuring the access cards are issued only to an employee and prohibiting its employees from lending their access cards to non-employees.

3 All persons using exercise equipment and showers agree to do so at their own risk and agree to operate all equipment as intended and in accordance with the manufacturers' instructions.

4 Smoking is not permitted in the Fitness Center.

5 The lockers are intended to be used by fitness center members while they are present within the center. Security is instructed to open all lockers after 11:00 p.m. every night and place any contents not belonging to individuals in the Fitness Center at that time into lost and found.

6 Television audio signals are broadcast to receivers located on the cardio machines. Please use your personal headphones to listen to the broadcast of your choice. If you do not have headphones or wish to listen to the television while using equipment without a receiver, please set the volume at a level that will not disturb others.

7 Glass containers and alcoholic beverages are not permitted in the Fitness Center. All radios/walkmans must be used with headphones.

8 Landlord reserves the right to add, change or delete any Rule or Regulation herein contained and to change the method of operation to ensure maximum enjoyment of the facility.

The Fitness Center is for the enjoyment of all One South Dearborn tenants and their employees. Please assist us in maintaining these facilities' cleanliness by disposing of all trash in the receptacles provided. Please report any problems to the Office of the Building.

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

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

Company: \_\_\_\_\_

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

# Fitness Center Waiver and Release of Claims

(return to Sidley Facilities Department on 9<sup>th</sup> floor)

I, \_\_\_\_\_ hereby request permission to use the Fitness Center located on the Seventh Floor of One South Dearborn in Chicago, Illinois, together with any and all equipment and other facilities located therein (the "Fitness Center"). I understand and acknowledge that the Fitness Center is not a public facility, but rather is for the exclusive use of those individuals, such as myself, as are specifically authorized in writing by ("Landlord") or its authorized representative to use the facility, and who read and sign this **WAIVER AND RELEASE**. I understand and acknowledge that there are risks associated with vigorous exercise, weight training, or other activities customarily undertaken at the Fitness Center, including but not limited to serious bodily injury or even death. I also understand and acknowledge that I should not engage in vigorous exercise, weight training, or other activities customarily undertaken at the Fitness Center without first consulting my personal physician and considering any particular risks I may incur in participating in these activities. I ACKNOWLEDGE AND AGREE THAT THE USE OF THE FITNESS CENTER WILL BE ENTIRELY AT MY OWN RISK. I FURTHER ACKNOWLEDGE AND AGREE THAT, IN CONSIDERATION FOR BEING PERMITTED TO USE THE FITNESS CENTER, I SHALL BE ENTIRELY RESPONSIBLE FOR, AND I HEREBY WAIVE AND RELEASE ANY AND ALL CLAIMS I HAVE OR MAY HAVE IN THE FUTURE against Landlord, and their successors, assigns, affiliates, directors, officers, employees and partners or any of them (collectively, "Landlord Parties") for any and all losses, costs, expenses, including reasonable attorney's fees damages or liabilities whatsoever of any nature, including bodily injury or death, arising out of my use of the Fitness Center, provided, however, that the foregoing waiver and indemnification shall not apply to any injuries or damages caused by the gross negligence or willful misconduct of Landlord or its agents or employees. I also agree that my use of the Fitness Center shall be in accordance with the rules and regulations attached hereto, as the same may be amended, modified or replaced from time to time by Landlord or its authorized representative.

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

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

Company: \_\_\_\_\_

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

Access Card Number (See Below): \_\_\_\_\_

Sex: M or F

