

P.O. Box 30  
 Supply, NC 28462  
 910-846-BFIT (2348)  
 www.bccfitness.com



**Membership Information**

Type of Membership:

Check  One:  Pool Only  BCC Employee  BrunsCo Employee  Corporate \_\_\_\_\_  
 SilverSneakers # \_\_\_\_\_ # \_\_\_\_\_

- |   |  |   |                                 |
|---|--|---|---------------------------------|
| <input type="checkbox"/> Adult                | <input type="checkbox"/> Family        | <input type="checkbox"/> F/T Student                | <input type="checkbox"/> Alumni |
| <input type="checkbox"/> Adult+ ___child(ren) | <input type="checkbox"/> Youth         | <input type="checkbox"/> F/T Student+ ___child(ren) |                                 |
| <input type="checkbox"/> Couple               | <input type="checkbox"/> Senior        | <input type="checkbox"/> P/T Student                |                                 |
| <input type="checkbox"/> Couple + Child       | <input type="checkbox"/> Senior Couple | <input type="checkbox"/> P/T Student+ ___child(ren) |                                 |

Primary Member: \_\_\_\_\_ DOB: \_\_\_\_\_

Spouse (if member): \_\_\_\_\_ DOB: \_\_\_\_\_

Address: Street \_\_\_\_\_ Apt. \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: Home: (\_\_\_\_) \_\_\_\_\_ Cell: (\_\_\_\_) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Would you like to sign up for Dolphin Emergency Notifications (in the form of a text) to receive updates on facility closings, emergencies, etc.  Yes  No If yes, cell # (\_\_\_\_) \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Phone: (\_\_\_\_) \_\_\_\_\_

Relationship to Member: \_\_\_\_\_

**List dependents (if included in membership only):**

(Must be under 20 years of age or full-time student (up to 24 years of age), and live within the same household – proof of residency may be required)

Name	Age	Date of Birth

How did you hear about the Dinah E. Gore Fitness & Aquatics Center?  Newspaper  Employee  Friend

Current Member (Name) \_\_\_\_\_  Other \_\_\_\_\_

**For Office Use Only:**  
 First month prorated amount: \$ \_\_\_\_\_ Total amount paid: \$ \_\_\_\_\_ Date received: \_\_\_\_\_  
 Payment type (include detail): \_\_\_\_\_ Joining fee received: \_\_\_\_\_ Circle one: Monthly Annual Semester



# Physical Activity Readiness Questionnaire

Please complete this form to help us – and you – determine your readiness to begin a physical activity program. Information you provide on this form will remain confidential and will be disclosed only to Fitness and Aquatics Center staff.

Please circle YES or NO in answer to the following questions:

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

Please list any other pertinent health/medical information (including medications):

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*If you answered YES to one or more of these questions, we recommend you consult your physician before engaging in physical activity.*

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

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Name (please print)

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Signature

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Date

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Signature of Parent or Guardian (for participants under the age of 18)



**PROCEDURES AND REGULATIONS**

[www.bccfitness.com](http://www.bccfitness.com)

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**Mission Statement**

The Dinah E. Gore Fitness & Aquatics Center at Brunswick Community College (BCC), located in the Physical Education Building, is a community-minded facility that was established to encourage a healthy lifestyle among BCC students, employees, and residents of Brunswick County. Our goal is to promote health, fitness, and wellness in a welcoming atmosphere. As a part of the BCC campus, the Fitness and Aquatics Center will have combined usage with academics, athletics, member activities, and contracted events. Facility regulations are in place to ensure the safety of members, students, and the general public.

**Facility Hours**

Monday through Thursday 5:30 a.m. - 8:00 p.m.

Friday 5:30 a.m. - 6:30 p.m.

Saturday 8:00 a.m. - 4:00 p.m.

Sunday closed

Pool closes a half hour before building closes. Pool opens at 6 a.m. Monday through Friday.

**Eligible Users**

All members must present, upon entering the building, a valid facility membership card. The Facility Staff can, at any time, ask for a proper membership card and if the person does not have it, that person may be asked to leave the facility.

**General Policies for All Users**

1. Neither BCC nor its employees are responsible for any loss or damage of user personal property.
2. Appropriate dress is expected at all times (see specific area rules).
3. No weapons, firearms, dangerous items, drugs, etc., are permitted (except by BCC Police Department/Officers, or authorized law enforcement agencies/officers on duty).
4. No pets are allowed inside the facility except for service animals (e.g., guide dogs).
5. Bicycles, skateboards, roller skates, or other similarly wheeled apparatus are not allowed.
6. This is an alcohol and tobacco-free facility.
7. Children under the age of 15 must be accompanied by an adult member (18 or older) while using the facility.
8. All lost and found valuables (watches, jewelry, cell phones, etc.) will be held for 24 hours then turned over to campus police. All other lost and found items will be kept for two weeks. Unclaimed items will be donated to a local charity.
9. No photography, videotaping or audio recording (including cell phones) is permitted on the premises without the permission of Center management.
10. Literature may not be distributed nor any solicitation made in the facility without consent of the Center or BCC. A community bulletin board located near the front desk. Information must be approved by the facility Director prior to posting.

**Personal Conduct Rules and Regulations**

1. Disrespectful conduct/behavior that negatively impacts members/guests may result in ejection from the facility and revocation of membership. In the event that your membership is revoked, you will be refunded the remaining balance of the unused portion of prepaid membership fees effective the date of the revocation.
2. Disrespect and/or disobedience toward any Center Staff or Administrator will result in removal from the property, and repeated actions are subject to further disciplinary action, including revocation of membership.
3. No profanity, excessive noise, racial/sexual innuendos, immature behavior, etc., will be tolerated and is subject to disciplinary action.
4. Anyone deliberately damaging facility property, equipment, etc., can be held criminally and civilly liable for repair/replacement costs and face disciplinary action, including revocation of membership without refund.
5. The opening and/or propping of locked doors will be subject to disciplinary action, including revocation of membership.

### **Hours of Operation**

The Dinah E. Gore Fitness & Aquatics Center reserves the right to close any or all of the facility for special programs and events. Additionally, the Center, or portions of the Center, may be closed for maintenance or repair as needed. Hours of operation are subject to change based upon facility utilization patterns. The Center operating hours are posted in the building and can be viewed on our website, [www.bccfitness.com](http://www.bccfitness.com).

### **Holiday Hours**

New Year's Eve	Close Early	Day before Thanksgiving	Close Early
New Year's Day	CLOSED	Thanksgiving	CLOSED
Easter Sunday	CLOSED	Christmas Eve	CLOSED
Memorial Day	CLOSED	Christmas Day	CLOSED
Independence Day	CLOSED		

### **Communication**

Information about at the Fitness & Aquatics Center can be found in the following locations:

- Our website, [www.bccfitness.com](http://www.bccfitness.com).
- Facebook, under Dinah E. Gore Fitness & Aquatics Center.
- Our information rack located at the front entrance.
- The BCC inclement weather phone number, 910-755-7300.

### **Membership Fees**

Some memberships require a one-time, non-refundable joining fee of \$25.00 per person.

Monthly membership payments are due on the 1st of each month. Membership fees are posted in the facility and on our website and are subject to change. Replacement ID cards are \$10.

### **Membership Freeze**

1. An annual member can freeze his/her membership for a minimum of one (1) month and up to a maximum of six (6) months, one time during the membership year. A freeze must be done in consecutive one-month increments.
2. The entire membership must be frozen. You cannot freeze one individual who is part of a couple or family membership.
3. If you are medically unable to use the Fitness & Aquatics Center, you can request a medical leave. You must provide a doctor's letter at the time of requesting a medical leave.

## **Membership Cancellation**

### *Monthly Memberships*

1. Refunds are not given for monthly memberships if cancelled within the month of payment.
2. If a member has paid monthly membership dues in advance, they must notify a staff member that they would like to cancel the membership.
3. A check for the remaining balance of the membership will be mailed to the cancelling member's address.

### *Annual Memberships*

1. A thirty day written notice is required to process annual membership cancellations.
2. A membership cancellation is not effective until a signed cancellation form is completed and returned to the administrative staff.
3. A cancellation fee equal to one month of your membership will be deducted from your refund amount.
4. A check for the remaining balance of the membership will be mailed to the cancelling member's address.

## **Program Refunds**

No refunds will be given for programs unless the program fails to meet minimum participation requirements.

## **SPECIFIC RULES FOR FACILITY AREAS**

### **Aquatics Area**

1. Programs and classes are scheduled in both the lap and shallow water pools daily. During these times it is our goal to keep the pools open for members.
2. There may be instances when the pools must be closed for maintenance, repair or staff training.
3. In the event of lightning or thunder the pools will be closed and will remain closed for 30 minutes after the last flash of lightning is spotted or thunder is heard.
4. The Aquatics Area closes 30 minutes before the building closes. All patrons are expected to exit the Aquatics Area by the posted closing times.
5. Please enter and exit the Aquatics Area through the locker rooms. Swimmers must shower before entering the pools.
6. Any swimmer who is ill, has an open wound, communicable disease or diarrhea is not allowed in the pools.
7. Any swimmer not completely toilet trained **MUST** wear a tight fitting swim diaper under their swim wear. Regular disposable diapers are NOT allowed. Cloth diapers are allowed only if covered by tight fitting rubber/plastic pants. Please **DO NOT** empty water from inside diapers or pants into the pool or onto the pool deck or bleachers.
8. Proper swim wear (that is clean and in good repair) is required for all swimmers.
9. Swimmers under the age of 18 must be supervised by an adult 18 years old or older who must remain in the Aquatics Area, except during Open Swim hours. Visit our website or check at the front desk for current Open Swim times.
10. Non-swimmers under the age of 6 must have an adult in the water with them. The adult should remain within arm's reach of the non-swimmer.
11. Proper behavior is expected, including: no running, hitting, pushing, dunking, or rough play.
12. Water Exercise Equipment is for use by adults only unless approved by Center Staff.

13. Swimmers should not climb, sit or stand on ladders or railings or on the tile wall located in the shallow pool.
14. Jumping is permitted provided swimmer jumps feet first, away from the tile wall and stairs and away from other swimmers. Spinning, flipping and 'belly flops' are not allowed.
15. Diving and use of the starting blocks is not allowed unless directly supervised by Aquatics Center staff or a Center-approved diving coach.
16. Lap swimmers will be expected to share lanes as needed.
17. Swimmers should not hang on lane ropes unless in need of assistance from the Lifeguard.
18. Food and beverages other than water are not permitted and glass is not allowed in the Aquatics Area.
19. Pets, other than service animals, are not allowed in the pool area. Swimmers may bring floatation devices and toys to the pools, but use of these must be approved by the Lifeguard and will depend on the number of swimmers in the pool.
20. Photos may be taken ONLY of swimmers with your group. Photos that include anyone not of your group, including Center staff, may not be shared or posted to social media without permission of the individual.
21. During busy times the Lifeguard may restrict the use of certain equipment or disallow certain activities (such as jumping) for the safety of all patrons. Patrons are expected to comply with the directions of the Lifeguards and Center Staff. Anyone who does not follow the rules or is disrespectful to staff members or other patrons will be ejected from the Center and risks having their membership terminated.

## **Fitness Center**

1. Children aged ten and under are not permitted in the Fitness Center. Children ages 11-14 must be supervised by an adult at all times.
2. Proper athletic/fitness apparel must be worn including a shirt/sport top (midriff covered), shorts or sweat pants, and athletic shoes. Open toed footwear is NOT permitted.
3. No cell phone use while on equipment.
4. Weights must be re-racked after each use.
5. Members must clean equipment after each use with the cleaning supplies provided.
6. The use of a towel is recommended.
7. Bags, umbrellas, etc. must be placed in lockers or on hooks located in the fitness center.
8. No food or beverages (other than water in a plastic or aluminum re-sealable container) are permitted.
9. In consideration of other members, limit your time on any cardio equipment (treadmill, elliptical, bike, and rower) to 45 minutes during busy hours.
10. Please handle all dumbbells, weight plates and benches in an appropriate manner. Return all equipment to the appropriate rack when finished.
11. Weight equipment should not be rearranged by members.
12. If you do not know how to use a piece of equipment, please ask a Fitness Coordinator for assistance. Do not use any equipment without prior knowledge.
13. The use of "spotters" is encouraged and expected for safety considerations.
14. If you are performing multiple sets on the strength training machines, allow others to use the equipment between sets. Fitness etiquette dictates that "working in"--when you alternate strength-training sets with another person--is perfectly acceptable. Be polite as you do so, waiting until the user has finished a set to ask, "Would you mind if I work in?"
15. No profanity or loud noise is permitted in the Fitness Center. This includes yelling, excessive grunting, and dropping/slamming weights.

16. All personal training sessions must be done with a Fitness & Aquatics Center Personal Trainer. Trainers not under contract with the Fitness & Aquatics Center will not be allowed to provide their services at the Center.

### **Aerobics Studio**

1. When not being used for scheduled classes, the studio is available for member use.
2. Children under the age of 15 must be accompanied by an adult.
3. No food or beverages (other than water in a plastic or aluminum re-sealable container) are permitted.
4. Shirts and proper footwear must be worn at all times. Street shoes, or any shoes suspected of marking the floor, are prohibited.

### **Gymnasium/Track**

1. Children under the age of ten must be accompanied by a parent or guardian.
2. Shirts and proper footwear must be worn at all times. Street shoes, or any shoes suspected of marking the court floor, are prohibited.
3. No food or drink products (other than water) are permitted in the gymnasium except during athletic events.
4. Adults should not shoot on goals set at youth height. Playing full court basketball is restricted to times when the gym is slow and courts are empty.
5. Profanity, vulgar language, abusive behavior, horseplay or spitting on walls or floors is prohibited.
6. Do not kick or throw balls at the ceiling, walls, track, or divider screen. Do not kick or punch the protective wall mats. Do not hang on the basketball rims.
7. No music allowed; e.g., radios, CD players, etc; this does not include BCC personnel and/or coaches who might be teaching class or team practice.
8. Observe posted running/walking direction signs.
9. Do not stand or stop on any lanes of the track.
10. Do not stand, sit or climb on the railing surrounding the inside edge of the track.
11. Throwing objects from the track to the gymnasium below is prohibited.

### **Locker Rooms**

1. Locker rooms are located in the pool area and outside the gymnasium.
2. Lockers are available for day use only; all locks must be removed at time of departure.
3. The Center is not responsible for lost or stolen items.
4. Cell phone use and the taking of photos/videos is strictly prohibited.
5. Please respect others by not wearing/spraying heavily scented perfumes, colognes, etc.
6. Children age 4 and over must use the locker room appropriate for their gender. If a same gender adult is not available to accompany them, the family locker rooms in the Aquatics area should be used.

### **Child Watch**

Child Watch is available Monday - Thursday 5:00p.m.-7:00p.m. (Hours are subject to change)

1. We welcome children from 6 months through 6 years of age.
2. Each child using Child Watch must have current immunizations.
3. One parent/ guardian must remain in the Center while your child is in Child Watch.
4. Infants must be brought in a child carrier.
5. Sign-in and out procedures must be followed.