

CITY OF RENO PRESENTS

# EMPLOYEE WELLNESS PROGRAM

The Employee Wellness Program is for City of Reno employees\* (full and part time), retirees, and dependents of employees\* who sign this waiver and enroll in the program. The Wellness Program utilizes a bar code pass that must be issued at the Evelyn Mount Northeast Community Center (EMNECC) before utilizing any of the Wellness Program features.\*



### General Fitness

Work out for free during public hours at the fitness centers located at EMNECC and the Neil Road Recreation Center (NRRC). Both locations feature cardiovascular and weight training machines for all fitness levels and goals.



### Water Fitness Classes

Program participants will receive 50% off the registration fee for each enrolled course.



### Swimming

Swim at no charge during open swim and lap swim sessions. Good at all four City of Reno pools: EMNECC, Northwest, Traner (seasonal) and Idlewild (seasonal).

*\*Employees, retirees, and employee dependents only. Does not include friends.*



## City of Reno Recreational Waiver for City of Reno Employee Wellness Program Participants

The Employee Wellness Program is for City of Reno employees (full and part time), retirees, and dependents of City of Reno employees who sign this waiver and enroll in the program. The Wellness Program utilizes a bar code pass that must be issued at the Evelyn Mount Northeast Community Center (EMNECC) before utilizing any of the Wellness Program features. The program includes:

**General Fitness** – Work out for free during public hours at the fitness centers located at EMNECC and the Neil Road Recreation Center (NRRRC). Both locations feature cardiovascular and weight training machines for all fitness levels and goals.

**Water Fitness Classes** – Program participants will receive 50% off the registration fee for each enrolled course.

**Swimming** – Swim at no charge during open swim and lap swim sessions. Good at all four City of Reno pools – EMNECC, Northwest, Traner (seasonal) and Idlewild (seasonal).

**PLEASE READ THE ENTIRE CONTENTS OF THIS DOCUMENT BEFORE SIGNING, AS IT HAS A SIGNIFICANT EFFECT ON YOUR LEGAL RIGHTS. THIS DOCUMENT IS INTENDED TO PROTECT THE CITY OF RENO FROM ALL LIABILITY RELATED TO YOUR PARTICIPATION IN RECREATIONAL ACTIVITIES AT CITY OF RENO PARKS AND RECREATION FACILITIES.**

**Unconditional Waiver/Assumption of Risk:** In executing this unconditional waiver, I state that my attendance-and participation in recreational activities at City of Reno Parks and Recreation facilities is voluntary and is for my personal benefit and I understand that the City of Reno will receive no direct benefit from my participation, other than the intangible value of employee health and morale common to all kinds of recreation and social life. I assume all the risks of injury to my person and property that may be sustained in connection with the stated participation in and about the premises. I, on behalf of myself, my spouse, my parents, my children, my heirs, administrators, and assignees, agree that in the event I sustain personal injury or property damage as a result of my participation in recreational activities at City of Reno Parks and Recreation facilities, the City of Reno will not be liable for such injury or damage.

I understand that certain of the activities are physically challenging and potentially dangerous and I assume all risk associated with my participation. Additionally, I represent that I am physically and emotionally capable of performing the activities.

I further understand that my participation in this program is voluntary and that the City of Reno is not responsible for insuring my safety while I am participating in recreational activities at City of Reno Parks and Recreation facilities and that the City of Reno does not carry any liability coverage that would apply to any injury that I might sustain by means of my participation in such activities. I understand that my participation is wholly unconnected with my employment and that I am pursuing a private interest on my own time. I understand that I will receive no compensation of any kind and must be in an "off-duty" status when participating in these recreational activities. Additionally, I understand that if I am injured I will not be covered by workers' compensation insurance and that I am to act in a responsible manner when using equipment on premises.

Consent: I further freely consent to the unrestricted use by the City of any photographs, recordings, interviews, videotapes, motion pictures or similar visual or auditory recording of me created in connection with these activities. I understand I will receive no compensation for my participation

Executed at \_\_\_\_\_, Reno, Nevada on \_\_\_\_\_, 20\_\_\_\_\_.

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Name (Print)

\_\_\_\_\_  
Address

\_\_\_\_\_  
City

\_\_\_\_\_  
State

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Zip

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