

**MASSACHUSETTS INSTITUTE OF TECHNOLOGY**  
**TANG HALL EXERCISE ROOM**  
**Liability Release, Waiver, Discharge and Covenant Not to Sue**

This is a legally binding Release, Waiver, Discharge and Covenant Not to Sue (collectively, "Release"), made voluntarily by me, the undersigned Releasor, on my own behalf, and on behalf of my heirs, executors, administrators, legal representatives and assigns (hereinafter collectively, "Releasor," "I" or "me", which terms shall also include Releasor's parents or guardian, if Releasor is under 18 years of age) to the Massachusetts Institute of Technology, including MIT Tang Hall Residents Association ("THRA") officers and volunteers ("MIT").

As the undersigned Releasor, I fully recognize that there are dangers and risks to which I may be exposed by participating in the use of the Tang Hall Exercise Room, located within Tang Hall, at MIT Building W84, 550 Memorial Drive, Cambridge, Massachusetts (the "Facility"), which I am requesting access to as of the Date of Release (undersigned) (the "Activity"). As the undersigned Releasor, I acknowledge that I am participating in this Activity voluntarily, that I want to do so despite the possible dangers and risks and despite this Release. With informed consent, and for valuable consideration received, including assistance provided by MIT, as the undersigned Releasor, I agree to assume and take on myself all of the risks and responsibilities in any way arising from or associated with this Activity, including, without limitation, use of all cardio equipment, fitness equipment, mats, exercise balls, weight machines and free weights available at the Facility in their as-is condition and loss of or damage to any property that I may bring with me to the Facility, and, to the extent permissible by law, I release MIT and all of its affiliates, divisions, departments and other units, committees and groups, and its and their respective governing boards, officers, directors, principals, trustees, legal representatives, members, owners, employees, volunteers, agents, administrators, assigns, and contractors (collectively, the "Releasees"), from any and all claims, demands, suits, judgments, damages, actions and liabilities of every name and nature whatsoever, whenever occurring, whether known or unknown, contingent or fixed, at law or in equity, that I may suffer at any time arising from or in connection with the Activity, including any injury or harm to me, my death, or damage to my property, (collectively "Liabilities"), and I agree to defend, indemnify, and save Releasees harmless from and against any and all Liabilities.

As the undersigned Releasor, I recognize that this Release means I am giving up, among other things, all rights to sue Releasees for injuries, damages or losses I may suffer. I also understand that this Release binds my heirs, executors, administrators, legal representatives and assigns, as well as myself. I affirm that: (1) I have adequate medical or health insurance to cover any medical assistance I may require and; (2) I have read, reviewed, understood and will abide by the attached policies pertaining to the use of the Tang Hall Exercise Room, as may be subject to change, at the sole discretion of THRA, which will be posted at the Facility and on the Tang Hall website: <http://tang.mit.edu/>. I acknowledge that failure to follow these policies may result in the revocation of the privilege to use the Facility, which shall be determined at the sole discretion of THRA, the House Masters or the House Manager.

I agree that this Release shall be governed for all purposes by Massachusetts law, without regard to such law on choice of law.

**I have read this entire Release. I fully understand the entire Release and acknowledge that I have had the opportunity to review this Release with an attorney of my choosing if I so desire, and I agree to be legally bound by the Release.**

**THIS IS A RELEASE OF YOUR RIGHTS, READ CAREFULLY AND UNDERSTAND BEFORE SIGNING.**

\_\_\_\_\_  
(Releasor's Signature)

\_\_\_\_\_  
(Parent's Signature, if Signatory is minor)

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

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

\_\_\_\_\_  
(Date)

**MASSACHUSETTS INSTITUTE OF TECHNOLOGY  
TANG HALL EXERCISE ROOM  
Exercise Room Policies and Procedures - General Rules**

**These policies and procedures are defined by the Tang Hall Residents' Association "THRA" as of March 1, 2015, and are subject to change without notice.**

- Gym access is granted strictly on a personal basis, and is non-transferable. Bringing friends, spouses, significant others, guests, any companion or pet is not permitted, unless the other person(s) are also registered users of the exercise facility. Shadowing entry (following along) behind one user is not permitted.
- Unaccompanied minors are not permitted without supervision in the Exercise Room.
- Arguing, fighting with other users, or otherwise disturbing the congenial atmosphere in the Exercise Room will result in permanent revocation of your gym access at the sole discretion of the THRA, House Masters or the House Manager.
- No personal belongings are allowed on the Exercise Room floor. THRA members are not responsible for lost or stolen items.
- Weights are not to be stood on, or leaned against walls, pillars, equipment, or mirrors. Weights should not be dropped; Olympic lifts should be performed with a controlled deceleration on the lifting platforms with bumper plates.
- The use of safety stop clips is strongly encouraged while using treadmills.
- Towels must be placed between the equipment pads and the person using equipment if/when a person is not wearing full-backed shirts or pants.
- Users should use extreme caution when lifting weights to avoid potential injury to themselves or others. Top loading additional weights onto weight stack machines is unsafe and is prohibited.
- Spring collars should be used with all bars in free weight lifting.
- Weight-lifting hand chalk is not permitted in the Exercise Room.
- To avoid congestion and waiting lines, users should allow others to "work in" while using weight equipment. Please use courtesy and consideration for others when using weight equipment.
- No alcoholic beverages or food are allowed. Liquids must be in a closed, non-glass, no leak container.
- Users with excessive body odor may be asked to correct the problem if complaints are registered to the THRA. If this condition persists, the resident's privileges to use the Exercise Room may be suspended until properly addressed.
- Users are required to re-rack weights, plates, and dumbbells in appropriate racks, in ascending order of weights. Please do not over-stack racks.
- Usage of the Music Player stereo system is subject to a "Fair Usage" policy. Please be courteous of your fellow gym users, and use personal headphones/earphones whenever possible. For the stereo system, the maximum permissible Volume is 75 (out of a maximum possible Volume of 98) on the volume dial. If any current user objects to the sound volume, you are required to turn down the volume to a mutually acceptable level, or switch to using personal headphones/earphones.
- As a courtesy to fellow gym users, machines and mats should be wiped down after use. Cleaning supplies are available on the fitness floor.
- For reporting problems with respect to equipment, please send an email to: [tang-government@mit.edu](mailto:tang-government@mit.edu) with a description of the problem.