

# Great Lakes Bay Region Unstaffed Fitness Centers

## Membership Application

### Member Information

**Note: The enrollment process may take up to 2 weeks**

<b>Site</b> <input type="checkbox"/> Dow Central Campus (DC-2 LLD) <input type="checkbox"/> MiOps <input type="checkbox"/> Auburn Plant	<input type="checkbox"/> I have reviewed the rules and regulations on <a href="http://www.GreaterCorporateWellness.org/Unstaffed-Facilities">www.GreaterCorporateWellness.org/Unstaffed-Facilities</a> associated with my sites Fitness Center	Employee ID <input type="text"/>
-----------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------

First Name	<input type="text"/>	Last Name	<input type="text"/>				
Address	<input type="text"/>	City	<input type="text"/>	State	<input type="text"/>	Zip	<input type="text"/>
Birth Date	<input type="text"/>	Gender	<input type="text"/>	Dow Email	<input type="text"/>	Phone #	<input type="text"/>
Emergency Contact Name	<input type="text"/>	Phone #	<input type="text"/>	Relationship	<input type="text"/>		

**Note: Before starting any exercise program, it is recommended that you consult with your physician for appropriate exercise guidance, especially if you are pregnant, have a chronic health condition (e.g. diabetes), or a change in health status.**

### PARTICIPANT CONSENT FOR USE OF HEALTH PROMOTION FACILITIES, PROGRAMS AND SERVICES

In consideration of my membership and being able to participate and use The Dow Chemical Company Health Promotion programs and services, I hereby release and promise not to sue The Dow Chemical Company ("Dow"), Greater Midland Community Centers Inc., and their respective affiliates, successors, assigns, subsidiaries, joint ventures, officers, directors, shareholders, agents, representatives and employees, from any and all present and future claims resulting from ordinary negligence on the part of Dow or the others listed for loss, damage, or theft of personal property, personal injury, or death, arising as a result of using the fitness facilities and equipment of Dow and engaging in any Health Promotion activities or any activities incidental thereto, wherever, whenever, or however the same may occur. I hereby voluntarily waive any and all claims resulting from ordinary negligence, both present and future, that may be made by me, my family, estate, heirs, or assigns.

Further, I am aware that health promotion activities may range from vigorous cardiovascular activity (i.e., aerobics, bicycles, steppers, etc.) to the strenuous exertion of strength training (i.e., free weights, weight machines). I understand that these and other physical activities at, or sponsored by, Dow's Health Promotion program involve certain risks, including but not limited to, death, serious neck and spinal injuries resulting in complete or partial paralysis, heart attack, and injury to bones, joints, or muscles. I am voluntarily participating in Health Promotion activities with knowledge of dangers involved and hereby agree to accept any and all inherent risks of property damage, personal injury or death.

I further agree to indemnify and hold harmless Dow and the others listed for any and all claims arising as a result of my engaging in Health Promotion activities or any activities incidental thereto, wherever, whenever, or however the same occur.

I understand that this waiver is intended to be as broad and inclusive as permitted by law and agree that if any portion is held invalid, the remainder of the waiver will continue in full legal force and effect.

This release does not affect any rights I may have to file for a benefit under any state workers' compensation statute.

I affirm that I am freely signing this agreement. I have read this form and fully understand that by signing this form, I am giving up legal rights and/or remedies that may be available to me for the ordinary negligence of Dow or any of the parties listed above. This Release does not affect any rights I may have to file for a benefit under any state workers' compensation statute.

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

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

## DATA PRIVACY NOTICE AND CONSENT STATEMENT

The unstaffed Dow Wellness Center membership is entirely voluntary and your decision to participate or not will have no bearing on your employment/contract with The Dow Chemical Company or its affiliates. The purpose of the Program is to benefit and support the good health of any Dow employees who choose to participate in the program, including by providing certain information and good-health tips to the participants via email and by providing the participants with certain opportunities to attend local events and workshops to promote good health. If you chose to participate in the wellness center, your local Dow wellness center contact will collect the following personal information in connection with the facility membership: the participant's name, status (e.g., employee, retiree, family member, contractor), employee ID (only if a Dow employee), email address, geographic location (Country and region). This personal data will be stored in a local file share or hard copies in file cabinet on site. The personal data collected in connection with this program will follow the records retention guideline of three years.

If you would like to participate in the Membership, please print and sign your name below. By doing so, you specifically authorize Dow to collect, process, control, store, transfer and use your personal data and information as set forth above.

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

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

By signing above, you confirm that you have read, understand, consent to, and agree to be bound by this Data Privacy Notice and Consent Statement. If you wish to opt-out of Dow collecting and using your personal data and information, please do not sign this Data Privacy Notice and Consent Statement