



## **Fort Peck Community College Wellness Centers**

### **Membership Guidelines**

#### **Mission Statement**

Based on the philosophy of health, physical fitness and spirituality that is so important to the American Indian Heritage, it is the mission of the FPCC Wellness Centers to provide and an environment with mental and physical activities conducive to the promotion of the total health and well-being of the members of the Fort Peck Tribes and citizens of the Fort Peck Indian Reservation.

#### **Policy Statement**

It is the policy of the Fort Peck Community College Wellness Centers to afford members with every opportunity to lead a healthy lifestyle.

1. **Membership:** Safety and well-being is a paramount concern to the FPCC Wellness Centers; therefore; all members of the Center must be at least 12 years of age unless enrolled as a part of family membership or enrolled as a full-time student. Individuals under the age of 12 will be permitted to use the facilities if accompanied by a responsible adult or if special functions are held under responsible adult supervision.

##### **a. Membership Types**

- i. **Basic Membership:** Basic membership means that the members has completed all the requirements and is in good standing with the FPCC Wellness Centers.
  1. **Community Memberships**
    - a. Individual Membership are available to individuals who have completed the application requirements and are in good standing.
    - b. Family memberships are available to family who are in good standing and have completed the required application requirements. A family is defined as husband, wife, and their dependent children, **not to exceed the age of 21.**
  2. **Student Memberships**
    - a. Student memberships are available to students enrolled in 6 or more credits at FPCC and has paid the building use fee.
      - i. Individual and family memberships are available for students as defined above.
  3. **FPCC Staff and Faculty Memberships**



- a. Individual Membership are available to individuals who have completed the application requirements and are in good standing
- b. Family memberships are available to family who are in good standing and have completed the required application requirements. A family is defined as husband, wife, and their dependent children, if **covered by FPCC Health Insurance policy**
4. Organizational memberships are available to any recognized organization that wishes to provide health and fitness center services for their employees or members of their organization. The sponsoring organization is responsible for establishing their requirement for eligibility for participation in their own programs. All individual organizations members will agree to abide by all policies and procedures established by the FPCC Wellness Centers. Organizational memberships will be rated on the number of active members utilizing the FPCC Wellness Centers.
  - a. Regular and Family memberships are available and defined above, but the sponsoring organization must provide documentation of individuals eligible under their organization memberships.
5. Special/Other membership means memberships are available for agencies and individuals who do not meet the categories above. The provision is included to deal with the special circumstances and requires approval of the Assistant and Director of Fort Peck Community College Community Services.

2. **Membership Dues:** Memberships will be required for all individuals whom utilize the Wellness Centers in order to operate and maintain the programs and facilities. Dues will be reviewed periodically and usage fees will be determined by the Fort Peck Community College Board of Directors. Every effort will be made to accommodate the income of individuals. Memberships will be billed on the first of each month and will expire each year on September 30. The renewal and expiration of wellness center memberships will coincide with the Fort Peck Community College fiscal year. If a membership is purchased into a fiscal year, the membership will be pro-rated, to reflect the expiration date of 09/30. Memberships are as follows:

- a. Regular Fees

<b>Membership Type</b>	<b>Amount</b>	<b>Amount Paid</b>
FPCC Student-3 credits or more	Included in Fees \$30.00 per semester	
FPCC Student Family		



Membership (Dependents)		
FPCC Staff/Faculty (Individual)	\$150.00	
FPCC Family Membership: Family defined above	\$175.00	
Community Individual	\$250.00	
Community Family	\$300.00	
Daily Rate	\$2.00 per day	
Monthly Rate	\$25.00	
Sauna	Included in Membership	
Sauna/Shower	\$2.00 with no membership	
Tanning (Poplar)	Various Package Rates	
Diabetic	\$0.00 upon Dr. Slip	
Fort Peck Assiniboine and Sioux Elders	Free	
Senior Citizens (62 and older)	Free	

- b. Organizational fees and other organizations will be determined by the Wellness Center Directors, assistant director and director of the Fort Peck Community College Community Services.

### **3. Rules and Regulations**

- a. **Conduct:** The conduct of members and guests will be appropriate for the surroundings, other members' considerations and for their safety. All members, guests, and staff will be expected to treat equipment and other members with respect. Violations of this conduct or safety codes will result in immediate suspension of the individuals membership rights until the matter is reviewed by the Wellness Center directors, Assistant director and Community Services director. Fort Peck Community College Wellness Centers are used by the at large Fort Peck Indian Reservation Community and will be not responsible for accidents, losses, or injuries.
- b. **Payment:** Membership dues will be collected on a schedule that shall be determined by the Assistant director and Director of Community Services. Dues may be paid on a monthly basis, but requires a minimum payment of \$25.00 per month. If a member fails to pay consecutively, will be revoked and individuals will be required to start membership over.
  - i. **Special Circumstances:** Any event of series of events that may affect that standing of members may be appealed to the Community Services Assistant or Director by submitting a petition explaining the special



circumstances. The Directors will review any petitions at the time and make a decision.

- ii. A Non-Sufficient Funds (NSF) will be charged \$30.00
- c. **Use of Equipment:** Equipment will be adjusted and maintained by the staff at Fort Peck Community College Wellness Centers. The need for safety precludes the adjusting of equipment by member users. Safety rules and regulations will be posted on the equipment or on the walls near equipment.
  - i. **Supervision:** Staff will provide assistance to any member in regards to routine use of equipment and programs. Staff will also have the responsibility for enforcement of all rules and regulations in regards to safety, use of equipment and conduct. Staff has the right to remove any individual from the premises who abuses any of the equipment, impedes others safety, or is discourteous to any staff or other member. An incident report will be prepared at the time and be presented to the Wellness Centers Directors and to the Community Services Director.
  - ii. **Maintenance:** For insurance reasons, all routine maintenance of equipment will be performed by staff members. Facility users are to report any equipment in need of repairs or adjustments to the staff member on duty. Equipment deemed to be unsafe or inoperable by the staff member will have a sign put on it will not be used until repaired.
- d. **Attire:** Members must dress according to the function that they are to be performing while exercising or using equipment. The attire should not be offensive to other members of the FPCC Wellness Centers. Good judgment and reason will be expected from members, staff, and faculty. Activities requiring proper shoes, clothing, and safety equipment will be required before a member will be allowed to participate in the activity.
- e. **Safety:** Paramount to the health and well-being of the members, safety rules must be observed. Violations of safety rules will result in temporary suspension of a member's rights to participate in the Wellness Center activities. These rules are placed to protect, first, our members and, second, the Wellness Centers from any unnecessary and unwanted consequence. All members will be required to sign a consent form acknowledging safety policy and rules.
  - i. **Wellness Center Premises:** Safety rules will be posted on the equipment or on the wall next to the equipment. All safety rules will be posted in conspicuous areas. Violations will result in temporary suspension of all rights and privileges and will be referred to the FPCC Board of Directors for further action.
4. **Hours of Operation:** Hours of operation may vary, depending on season and activities. Hours of operation will be posted on the front door of the centers. If unexpected circumstances arise forcing the center to close unexpectedly for the day changes to hours



will be aired on the local radio station (KVCK). Hours of operation may be flexible to accommodate special events.

- a. Week Days: Monday-Friday: 8 a.m. to 7 p.m.
- b. Weekends: Closed

5. **Endowments, Donations, and Contributions:** The Fort Peck Community College Wellness Center will actively solicit donations, contributions, and endowments to allow continued operation and for expansion and improvement of the facilities. All receipts of contributions will be recorded in the Fort Peck Community College Business Office. Cash receipts will be secured and accounted for at the end of each business day.