

# THE CENTRE

## for Occupational Health, Safety and Wellbeing



UBC Safety & Risk Services welcomes you to The Centre for Occupational Health, Safety & Wellbeing in the University Services Building. The Centre offers you UBC's world-leading health providers all working from our state-of-the-art conditioning and treatment centre.

Access to The Centre for Occupational Health, Safety & Wellbeing will be provided:

1. Upon review of the following health and safety information;
2. Completion and submission of this form to Lori Takenaka via email ([lori.takenaka@ubc.ca](mailto:lori.takenaka@ubc.ca)) or deliver to the Allan McGavin Sport Medicine Physiotherapy within The Centre during clinical hours, Monday – Friday.
3. Once this form is received, your UBC Card will be activated for access to The Centre.

In an effort to keep our community healthy and safe while using The Centre, please review and adhere to the important health and safety guidelines below:



- Please complete a daily health assessment prior to entering The Centre. If you are feeling sick, refrain from coming to The Centre and seek medical guidance.



- It is recommended that non-medical masks are to be worn while in The Centre.



- Wash your hands often with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer.



- Wipe all equipment before and after use with the disinfectant provided.



- Only use equipment that you are familiar with. Assistance with unfamiliar equipment can be provided upon request to the Health, Safety & Wellness Advisor.



- Please respect each other's space.



- Be kind.

Should you have any questions, comments or concerns regarding The Centre for Occupational Health, Safety and Wellbeing, its programs and services, please contact Lori Takenaka directly at 604.822.6732 or [lori.takenaka@ubc.ca](mailto:lori.takenaka@ubc.ca) or in person in Room 0078 of the University Services Building.

The Centre for Occupational Health, Safety and Wellbeing operates in collaboration with the Allan McGavin Sport Medicine Physiotherapy, and The Pharmacists Clinic, Faculty of Pharmaceutical Sciences and with the support of CUPE 116, CUPE 2950, IUOE 882, and APPS.

**THIS FORM MUST BE SIGNED PRIOR TO USING THE CENTRE AND/OR PARTICIPATING IN ANY OF THE CENTRE'S PROGRAMS OR SERVICES**

**RELEASE OF LIABILITY, WAIVER OF CLAIMS, ASSUMPTION OF RISKS**

**BY SIGNING THIS DOCUMENT YOU WILL WAIVE CERTAIN LEGAL RIGHTS,  
INCLUDING THE RIGHT TO SUE IN THE EVENT OF INJURY**

**PLEASE READ CAREFULLY**

Initial

**TO: THE UNIVERSITY OF BRITISH COLUMBIA, including its Centre for Occupational Health, Safety and Wellbeing (the "Centre")**

**ASSUMPTION OF RISKS**

I am aware that using the Centre and/or participating in any of Centre's programs or services involves many risks, dangers and hazards including, but not limited to: risk of bodily injury including physical impairment and serious disability; impact and collision with other participants; participating without sufficient instruction or supervision; impact with or improper use of objects or equipment used in connection with physical activity; defective, dangerous or unsafe equipment; changes in the type of surface and the conditions of each surface, including but not limited to the University Services Building, shower facilities and change rooms; failure to participate safely within one's own ability and fitness level; theft; consumption of food or drink, whether made by professionals or by non-professionals; negligence of other participants; and **NEGLIGENCE ON THE PART OF THE UNIVERSITY OF BRITISH COLUMBIA OR ITS EMPLOYEES INCLUDING THE FAILURE ON THE PART OF THE UNIVERSITY OF BRITISH COLUMBIA OR ITS EMPLOYEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS REFERRED TO ABOVE.** I am also aware that the risks, dangers and hazards referred to above exist within a variety of facilities whether on campus or off campus, including but not limited to: roadways, parking areas, shower rooms, hallways, stairs, elevators, change rooms, meeting rooms, eating areas, banquet rooms, campus buildings and other facilities.

**I AM AWARE OF THE RISKS, DANGERS AND HAZARDS ASSOCIATED WITH MY USE OF THE CENTRE AND/OR MY PARTICIPATION IN ANY OF THE CENTRE'S PROGRAMS OR SERVICES, AND I FREELY ACCEPT AND FULLY ASSUME ALL SUCH RISKS, DANGERS AND HAZARDS AND THE POSSIBILITY OF PERSONAL INJURY, DEATH, PROPERTY DAMAGE AND LOSS RESULTING THEREFROM.** I am also aware that the University of British Columbia does not carry accident or medical or dental insurance on my behalf.

I am also aware that it is my responsibility at all times to ensure that I am physically and mentally fit to use the Centre and/or to participate in any of the Centre's programs or services, and that it is my responsibility to obtain medical clearance from my physician prior to my use of the Centre and/or my participation in any of the Centre's programs or services if I am unsure about my ability to participate.

**RELEASE OF LIABILITY, WAIVER OF CLAIMS**

In consideration of the University of British Columbia allowing me to use the Centre and/or to participate in any of the Centre's programs or services, and permitting my use of its equipment, structures and other facilities, and for good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby agree as follows:

**1. TO WAIVE ANY AND ALL CLAIMS** that I have or may in the future have against **THE UNIVERSITY OF BRITISH COLUMBIA**, its Board of Governors, directors, officers, employees, agents and representatives, (all of whom are hereinafter collectively referred to as "THE RELEASEES") and **TO RELEASE THE RELEASEES** from any and all liability for any loss, damage, expense or injury including death that I may suffer, or that my next of kin may suffer, resulting from my use of the Centre and/or participation in any of the Centre's programs or services, **DUE TO ANY CAUSE WHATSOEVER, INCLUDING NEGLIGENCE, BREACH OF CONTRACT, OR BREACH OF ANY STATUTORY OR OTHER DUTY OF CARE, INCLUDING ANY DUTY OF CARE OWED UNDER THE OCCUPIERS LIABILITY ACT, R.S.B.C. 1996, c. 337, ON THE PART OF THE RELEASEES, AND ALSO INCLUDING THE FAILURE ON THE PART OF THE RELEASEES TO SAFEGUARD OR PROTECT ME FROM THE RISKS, DANGERS AND HAZARDS REFERRED TO ABOVE;**

- 2. This Agreement and any rights, duties and obligations as between the parties to this Agreement shall be governed by and interpreted solely in accordance with the laws of the Province of British Columbia and no other jurisdiction; and
- 3. Any litigation involving the parties to this Agreement shall be brought solely within the Province of British Columbia and shall be within the exclusive jurisdiction of the Courts of the Province of British Columbia.

In entering into this Agreement I am not relying upon any oral or written representations or statements made by the Releasees with respect to the safety of the Centre and/or the programs or services offered by the Centre other than what is set forth in this Agreement.

**I HAVE READ AND UNDERSTAND THIS AGREEMENT AND I AM AWARE THAT BY SIGNING THIS AGREEMENT I AM WAIVING CERTAIN LEGAL RIGHTS WHICH I OR MY HEIRS, NEXT OF KIN, EXECUTORS, ADMINISTRATORS AND REPRESENTATIVES MAY HAVE AGAINST THE RELEASEES.**

Signed this \_\_\_\_\_ day of \_\_\_\_\_, 2023

Signature of Participant

Please print name clearly

Dept/ Crew # \_\_\_\_\_ Phone \_\_\_\_\_ e-mail \_\_\_\_\_ i-class# \_\_\_\_\_  
(Back of UBC ID Card \*lower right corner)