



**Mount Wachusett**  
*Community College*

FITNESS & WELLNESS CENTER

# TANNING AGREEMENT

NAME		PHONE	
ADDRESS		EMAIL	
CITY	STATE	ZIPCODE	
EMERGENCY CONTACT		EMERGENCY PHONE	

This is an agreement to participate in a series of light exposures to achieve a tanning of the skin. To help us best classify your type of skin, please answer the following questions:

	YES	NO
1. HAVE YOU ALWAYS BURNED AND NEVER TANNED?		
2. HAVE YOU BURNED MOST OF THE TIME AND OCCASIONALLY TANNED?		
3. HAVE YOU ACHIEVED A TAN MOST OF THE TIME WITH AN OCCASIONAL SUNBURN?		
4. HAVE YOU ALWAYS TANNED AND NEVER BURNED?		
5. IF YOU HAVE TANNED IN THE PAST, DO YOU TAN UNEVENLY?		
6. ARE YOU UNDER MEDICAL CARE FOR YOUR SKIN?		
7. DO YOU HAVE ANY SKIN AFFLICTION THAT IS AFFECTED BY SUNLIGHT?		
8. ARE YOU TAKING ANY PHOTSENSITIZING MEDICATIONS?		

**WAIVER:**

I, the undersigned below, understand that tanning is offered on a first come, first served basis. I understand that my signature acknowledges that I have been fully informed and advised and accept the concerns of the nature of the tanning method offered, including the possible risks of exposure used in the tanning equipment process. In consideration of being permitted to tan at the Fitness and Wellness Center at Mount Wachusett Community College I, the undersigned, in full recognition and appreciation of the dangers and hazards inherent in such activities do hereby agree to assume all risks and responsibilities surrounding my participation in the tanning process. I assume all risks for injuries, illness caused by this tanning process and further I do for myself, my heirs and personal representatives hereby hold harmless, indemnify, and release, and forever discharge Mount Wachusett Community College, its Fitness and Wellness Center, and all its officers, agents and employees from and against all claims, demands, and actions or causes of actions, on account of damage to personal property, or personal injury or death which may result from participation, and which results from the causes beyond the control of, and without the fault or negligence of the college, the Fitness and Wellness Center, its officers, agents or employees, during my participation in tanning.

Participant Signature	Date
Parent/Legal Guardian Signature (If under age 18 years)	Date
Printed Name	

<b>RECOMMENDED EXPOSURE SCHEDULE</b>					<b>Customer Initial Here:</b>	
<b>SKIN TYPE</b>	<b>WEEK 1</b>	<b>WEEK 2</b>	<b>WEEK 3</b>	<b>WEEK 4</b>	<b>WEEKLY</b>	
	1 – 3 Sessions	4 – 6 Sessions	7 – 10 Sessions	11–14 Sessions	Maintenance	
FAIR	2 Minutes	5 Minutes	10 Minutes	12 Minutes	15 Minutes	
MEDIUM	3 Minutes	5 Minutes	10 Minutes	12 Minutes	15 Minutes	
DARK	5 Minutes	7 Minutes	12 Minutes	15 Minutes	15 Minutes	
VERY DARK	5 Minutes	7 Minutes	12 Minutes	15 Minutes	15 Minutes	

**PLEASE READ AND UNDERSTAND THE FOLLOWING GUIDELINES FOR TANNING AT THE FITNESS AND WELLNESS CENTER. YOUR DECISION TO USE THE TANNING BOOTH INDICATES THAT ALL YOUR QUESTIONS WERE ANSWERED AND YOU FULLY UNDERSTAND THE POLICIES AND THE RISKS ASSOCIATED WITH TANNING:**

- 1. DANGER – ULTRAVIOLET RADIATION**
- 2. PLEASE FOLLOW ALL INSTRUCTIONS**
- 3. AVOID TOO FREQUENT OR LENGTHY EXPOSURE.** As with natural sunlight, exposure to a sunlamp may cause eye and skin injury and allergic reaction. Repeated exposure may cause chronic damage characterized by wrinkling, dryness, fragility, bruising of the skin and skin cancer.
- 4. WE REQUIRE THAT EVERYONE WEAR PROTECTIVE EYEWEAR. FAILURE TO WEAR PROTECTIVE EYEWEAR MAY RESULT IN SEVERE BURNS OR LONG TERM INJURY TO THE EYES.**
- 5. ULTRAVIOLET RADIATION FROM SUNLAMPS AGGRAVATES THE EFFECTS OF THE SUN.** Do not sunbathe before or after exposure to ultraviolet radiation.
- 6. ABNORMAL OR INCREASED SKIN SENSITIVITY OR BURNING MAY BE CAUSED BY CERTAIN FOODS, COSMETICS OR MEDICATIONS, INCLUDING BUT NOT LIMITED TO TRANQUILIZERS, DIURETICS, ANTIBIOTICS, HIGH BLOOD PRESSURE MEDICATION, BIRTH CONTROL PILLS, AND SKIN CREAMS.** Consult a physician before using a sunlamp if you are using medication, have a history of skin problems, or believe you are sensitive to sunlight. Pregnant women or women on birth control pills who use a tanning device may develop discolored skin.
- 7. IF YOU DO NOT TAN IN THE SUN YOU WILL NOT TAN FROM USE OF THIS DEVICE.** Use of a tanning device does not provide a substantial protective base against the effects of the sun.
- 8. SOME PERFUMES, COLOGNES, AND MAKE-UP CONTAIN INGREDIENTS THAT INTERACT WITH UVA LIGHT EXPOSURES AND THE SUN.** They can cause pigmentation (spotting). Use a damp cloth to remove all cosmetics prior to tanning.
- 9. CUSTOMERS ARE ALLOWED ONLY ONE TAN PER DAY. THE FITNESS AND WELLNESS CENTER RESERVES THE RIGHT TO REFUSE TANNING TO MEMBERS AT ANY TIME FOR ANY REASON.**
- 10. INDIVIDUALS WHO TAN MUST ENTER BOOTHS CLEAN, FREE OF SWEAT AND DIRT.** Please plan to tan BEFORE workouts. Participants will be required to shower after a workout before being allowed to tan.



