

Pillars Pedals Orientation

Three Pillars has three bikes for our employees to use at their convenience and one trike bike for residents to use. They are located by the Holz Pavilion, Riverside Lodge golf cart parking, and inside the Village on the Square garages. The mountain bikes at each location are for staff only. Please enjoy at your leisure and ***grab and go!***

What training is involved?

- Watch the 3-minute video from Trek https://www.youtube.com/watch?v=b_Zpj9m6lf8
- Sign consent prior to riding
- Combination code on the lock will be emailed to you after consent is received

How do I reserve a bike?

- If needing to reserve a bicycle, please speak to the concierge at Village on the Square or call Janis at the Wellness Connection, x7017. If you are a resident rider and do not have a bike helmet the concierge will provide you with one.

How long may I ride?

- 60-minutes, please be courteous to others who may want to ride!

When may I ride?

- On a break or for leisure
- For an errand
- When you have a meeting across campus
- During daylight hours
- On nice days (inclement days could create a safety issue)

Where may I ride?

- On campus

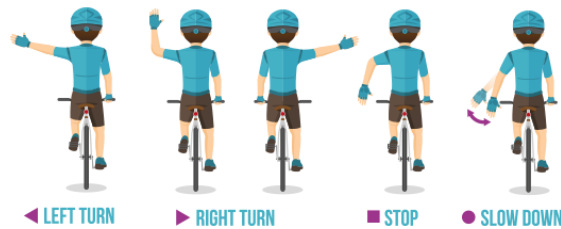
How do I return a bike?

- Please return all of the bikes to their original locations in the bike racks by pergola/awning areas and relock.
- Questions/concerns? Contact Janis at Wellness Connection x7017.

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GENERAL INFORMATION

- Make sure you are physically able to do the activity.
- Identify **employee bikes by the license plate and informational tag** (indicates how bike shifts and brakes).
- Unlock the bike with the code provided when consent is submitted.
- Examine the bike. Make sure it's in working order.
- Adjust **bike seat height** if necessary (refer to training video).
- Position a preferred pedal so that it's parallel to the ground.
- Push down on the opposite raised pedal to start riding.
- Helmet and eyewear (provided by rider) are recommended but not mandatory.
- **Always ring the bike bell when approaching pedestrians and other bikers.** A verbal "hello" or "passing on your left/right" will help alert those with diminished hearing.
- **Always approach others with control and pass slowly.**
- Use hand signals.



- Walk bike through **construction zones**.
 - Review the map and be familiar with the trail conditions. Gravel = walk the bike.

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PILLARS PEDALS ACKNOWLEDGEMENT OF TRAINING

Employee / Resident

I, _____, an employee/resident of Three Pillars Senior Living Communities, including Wisconsin Masonic Home, Inc. Masonic Center for Health & Rehab, Inc., and/or Village on the Square, Inc. (collectively "Three Pillars"), do hereby acknowledge and agree that:

- 1) I understand that Three Pillars has agreed to provide space, equipment, and programming for the use and personal convenience of its employees, volunteers, and contracted service providers to allow them to participate in voluntary wellness activities ("Activities").
- 2) I further understand and agree that Three Pillars shall have no other role or responsibility regarding any Activities. I acknowledge that my participation in any Activities is entirely voluntary and that I am allowed to engage in these activities only during my own non-work time.
- 3) I agree and acknowledge that my participation in any Activities is in no way be connected with my duties and responsibilities as a Three Pillars employee and shall not be considered as being in the course or scope of my employment. I acknowledge these Activities are private activities and are not part of the employment or contract services relationship I have with Three Pillars.
- 4) I have read, understand, and agree to the Liability Release and Assumption of Risk which I have also completed and signed.
- 5) I received Pillars Pedals training, I know how to ride a bike, and I will abide by Three Pillars safety requirements.

For Minors: I state that I am the Parent/Guardian of the Minor and have full authority, except as limited by law, to enter into this release and agreement.

Signature _____ Date _____

Print Name of Employee/Resident

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Three Pillars Wellness Connection Liability Release and Assumption of Risk

Masonic Center for Health & Rehab, Inc., in doing business as Three Pillars Wellness Connection (hereinafter sometimes referred to as “The Connection”), is a senior wellness facility consisting of fitness facilities, entertainment, social, and relaxation facilities, and fitness and athletic equipment and resources (together, the “Facilities”). I acknowledge that all fitness, athletic and recreational activities (together, the “Activities”) CAN BE POTENTIALLY HAZARDOUS ACTIVITIES. I understand the mental and physical requirements necessary for such Activities and state that I have no medical condition or disability that prevents me from safely participating in such activities. I understand that the risks associated with these activities include, without limitation, theft of personal property, falls, body contact, collisions with objects and/or individuals, physical exhaustion, adverse changes in medical condition, skin and eye irritation, exposure to allergenic foods, burns that may result in property damage, personal injury and/or death. I acknowledge that it is exclusively my responsibility to seek from my own physician a medical evaluation and clearance before I engage in physical activity of the type offered by The Connection and periodically thereafter. I understand The Connection and its employees and agents are not medical professionals and any advice or information provided by the foregoing shall not be construed as medical advice. I understand that there may be no employees or attendants present while I use the Facilities. I also represent that any Activities, exercises or exercise techniques that I choose to utilize are strictly of my own selection and are not chosen in reliance upon any advice or representation of any agent or employee of the Connection.

I agree to: (i) adhere to all rules published by The Connection and to instructions and warnings issued by any personnel of The Connection with respect with my participation in any activity or the use of the Facilities or any portion thereof; (ii) act within the limits of my ability and/or physical condition; (iii) maintain control of myself, my guests, and the equipment which any of us may be using in connection with any Activity; (iv) at all times refrain from conduct which may cause or contribute to the injury or death of myself or other persons and/or to the damage or loss of any property and (v) refrain from using any piece of equipment with which I am not completely familiar.

In consideration of the opportunity to use the facilities and to participate in the Activities, I hereby assume all risks associated with my use of the Facilities. On behalf of myself, my heirs, personal representatives, assigns, agents, and attorneys, I further agree to and hereby RELEASE and agree to HOLD HARMLESS Masonic Center for Health & Rehab Inc., WisconsinMasonic Home, Inc., Village on the Square, Inc., its officers, agents, representatives, employees, subcontractors, volunteers, successors and assigns, from all claims, liabilities, damages, actions, and causes of action arising from or in relation to my use of the Facilities and/or my participation in Activities.

For Minors, I state that I am the Parent/Guardian of the Minor and have full authority, except as limited by law, to enter into this release and agreement.

I STATE THAT I HAVE CAREFULLY READ AND FULLY UNDERSTAND THE CONTENTS OF THIS RELEASE. I WAS GIVEN THE OPPORTUNITY TO DISCUSS THIS RELEASE WITH MASONIC CENTER FOR HEALTH & REHAB, INC. I EXECUTED THIS RELEASE OF MY OWN ACCORD AND WITH FREE WILL.

I understand and agree to all provisions of this Liability Release and Assumption of Risk.

Signature _____ Date _____

Print Name of Employee/Resident

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