



<b>Policy Name:</b>	Member Gym Safety Agreement
<b>Policy Number:</b>	1403
<b>Version Number:</b>	001
<b>Approved by Board on:</b>	
<b>Scheduled review date:</b>	

**Introduction:**

Welcome to Evolutions Fitness and Wellness Center (the “Center”). We are committed to providing a safe, clean, and supportive environment in which all members are given the opportunity to achieve their fitness and wellness goals.

By signing this Member Gym Safety Agreement (this “Agreement”), you (as the “member”) agree to follow and be bound by the behavioral standards, gym etiquette, and safety protocols outlined below, without condition. Your signature on this Agreement indicates that you have read the contents below and have been given the opportunity to ask questions about the standards, etiquette and protocols set forth herein.

**1. General Conduct**

- **Respect for Others:** Members must treat all other members, guests, and staff with respect and courtesy at all times. Harassment, discrimination, or any form of disruptive behavior will not be tolerated.
- **Language:** Members must use appropriate language at all times. Offensive, demeaning or abusive language is strictly prohibited.
- **Dress Code:** Appropriate athletic attire must be worn at all times. Clothing with offensive or inappropriate language or graphics is not permitted.

**2. Gym Etiquette**

- **Equipment Use:** Members must use equipment as intended and are responsible for reading and following any instructions and/or warnings affixed to the equipment or communicated by staff. Members should never drop weights, and always use a spotter when necessary. Members must return all equipment to its designated place after use. When using equipment, members should take reasonably necessary precautions to ensure the safety of other members.
- **Cleanliness:** Members are required to wipe down equipment after use with the provided cleaning supplies. Because personal hygiene is important, members are asked to use deodorant but refrain from using strong fragrances or heavy perfumes.
- **Time Limits:** During peak hours, members are encouraged to limit their time on cardio equipment to 30 minutes. Please be mindful of others waiting to use the equipment.
- **Personal Belongings:** Lockers are provided for storing personal belongings. The Center is not responsible for lost or stolen items, regardless of value. Members must keep bags, coats, and other items off the gym floor.

- **Towel Use:** Towels are provided for members' use while in the facility. Members must return towels to the designated bins after use. Any member caught stealing towels may face disciplinary or legal action, up to and including termination of membership and/or referral to law enforcement.
- **Cell Phone Use:** Use of cell phones is restricted to designated areas. Please refrain from making phone calls or using video/audio recording devices in the workout areas, locker rooms, or restrooms. Members utilizing headphones or ear buds to listen to content stored on a cell phone must ensure that they remain vigilant enough to ensure the safety of all other members.

### 3. Pool, Hot Tub, and Sauna Etiquette and Safety

- **Clothing Requirements:** Proper and clean swimwear is required in the pool, hot tub, and sauna. Clothing must be worn at all times in these areas, including in the sauna and hot tub.
- **Shower Before Use:** Members must shower before using the pool, hot tub, or sauna to maintain hygiene and safety.
- **Pool Rules:**
  - **No Lifeguard on Duty:** Please be aware that there is no lifeguard on duty in the pool area. Members use the pool at their own risk.
  - No running, diving, or rough play is allowed in or around the pool area. Children under 14 must be accompanied at all times in the pool area by an adult.
- **Hot Tub Guidelines:** For safety purposes, members must limit their time in the hot tub to 15 minutes. Individuals with medical conditions, pregnant women, and those under the influence of alcohol should avoid using the hot tub. Children under 14 are not permitted in the hot tub under any circumstance.
- **Sauna Etiquette:** Please sit on a towel and maintain cleanliness while using the sauna. Do not bring electronic devices into the sauna. Limit your time to 15 minutes to prevent overheating. The sauna is a quiet zone; please refrain from loud conversations.
- **Safety First:** Report any unsafe conditions or concerns to a staff member immediately. Do not use the pool, hot tub, or sauna if you are feeling unwell or are under the influence of alcohol or drugs.
- **Disciplinary Action:** Violation of these rules by a member, or child under 14 accompanied by a member, may result in disciplinary action against the member, including loss of the right to use the pool, hot tub, and sauna.

### 4. Safety Standards

- **Injury Prevention:** Members must follow all safety instructions provided by the staff and displayed on equipment. Members should not attempt to use equipment with which they are unfamiliar, and should instead seek the assistance of a staff member.
- **First Aid:** In case of an emergency, members must inform staff immediately. First aid kits are available at the front desk.

- **Health Condition:** Members should not participate in any activity that they are not physically able to perform safely, and should inform staff of any medical conditions (whether existing or newly occurring during exercise) that may affect a member's ability to exercise.

## 5. Facility Rules

- **Operating Hours:** Members must adhere to the posted operating hours. Members must vacate the facility at closing time unless otherwise authorized by staff.
- **Group Classes:** Participation in group classes is on a first-come, first-served basis unless pre-registration is required. Members must arrive on time to avoid disrupting the class. Class instructors reserve the right to refuse entry of any late-arriving member.
- **Pool, Hot Tub, and Sauna:** For safety reasons, members must follow all posted rules and guidelines when using these amenities. Proper swimwear is required, and members must shower before entering the pool, hot tub, or sauna.

## 6. Membership Terms

- **Dues and Fees:** Membership dues must be paid in full and on time. Failure to do so may result in suspension or termination of membership.
- **Cancellation and Suspension:** Members may cancel or suspend their membership according to the terms outlined in their membership contract. Refunds will be handled according to the Center's refund policy.
- **Code of Conduct Violations:** Failure to adhere to the behavioral standards, gym etiquette, and safety protocols outlined in this agreement may result in disciplinary action, including suspension or termination of membership.

## 7. Amendments

Evolutions Fitness and Wellness Center reserves the right to amend this Member Agreement at any time. Members will be notified of any changes in writing.

### Acknowledgment

By signing below, I acknowledge that I have read, understood, and agree to abide by the terms of this Member Agreement. I understand that my failure to comply with these standards may result in disciplinary action.

**Member Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_