

THE FREEBAIRN RECREATION CLUB



GYM ACCESS WAIVER & AGREEMENT

Member's Name: _____ Date _____

24-HOUR ACCESS RELEASE OF LIABILITY & ASSUMPTION OF RISK

As a 24-hour secure-access fitness facility, FREEBAIRN RECREATION CLUB GYM FACILITIES (hereafter referred to as the "Gym"), has a few different policies and procedures. Please read the information carefully. If you have any questions, please ask.

Compliance with Rules

I understand and agree that the use of the Gym at the Freebairn Recreation Club is based on trust and is a privilege, which can be taken away for a violation of rules. As a gym user, I agree to abide by all membership rules and 24/7 gym access rules, which will be posted at the Gym, and may be amended from time to time at the sole discretion of the Freebairn Recreation Club Manager.

The additional rules below apply to a 24/7 access of the gym:

1. Sharing the code to the lock box is strictly prohibited and will result in immediate loss of membership.
2. Only active account members will be allowed entry.
3. Pre-approved members under the age of 18 must be accompanied by an approved member parent until they reach the age of 18.
4. Improper unauthorized use of the Gym may result in member suspension or cancellation.
5. The Gym reserves the right to suspend or cancel the rights, privileges, and membership of any member whose actions are detrimental to the use, safety, and enjoyment of the Gym.
6. Do not bring or otherwise allow a person that is not an approved member or guest of the Gym to access the facility without permission.
7. Do not bring or otherwise allow a person younger than 18 years of age to access the Gym without permission.
8. Athletes alone in the Gym should call 000 in case of an emergency.
9. All outside doors must remain closed during all non-staffed hours.
10. No one under the influence of alcohol or drugs is permitted in the Gym at any time.
11. Only use equipment you understand how to use. If you would like any help with the equipment, please contact the Centre Manager.
12. Inspect the equipment to make sure it is properly functioning prior to using the equipment.
13. Remove any potential trip hazards from the floor, around racks/lifting area, and return all excess plates/equipment to keep area tidy when they are not in use.
14. Limit all movements to 80% loading during non-staffed hours.
15. Stop exercising if you experience a potential injury and seek medical attention. Inspect your surroundings to make sure equipment and weights are not obstructing your intended exercise.
16. Notify the Centre Manager if any equipment is not working properly or if you notice any potentially dangerous conditions within the Gym.
17. Return all equipment and/or other Gym supplies to their designated storage place after using the equipment
18. After Gym use, please wipe down any used equipment.
19. The Gym is monitored 24/7 by surveillance cameras. Do not touch, move, or unplug any security cameras.
20. Turn off all lights in the Gym (switch by door) Emergency lights do not turn off. Turn off music on the stereo and tv and any other items (fans) that may have been turned on.
21. Be sure to firmly push the door closed and check to make sure it's locked!

Failure to follow these guidelines will result in revocation of 24/7 access.

_____ Initial acceptance to abide by Gym rules and special rules for the 24/7 membership.

No Supervision

I understand I am purchasing a membership at a facility that allows access at any time. As such, I am aware that there will be no supervision or assistance except during staffed hours. Staffed hours may change at the sole discretion of the Gym. I am aware if I get injured, become unconscious, suffer a stroke, or heart attack or any other medical emergency or event, there will likely be no one to respond to my emergency and that the Gym has no duty to provide assistance to me while I am at the Gym. I understand even though the Gym is equipped with surveillance cameras, these are recording, but are not monitored continuously; help will not be available during non-staffed hours. However, a first aid station, AED are in the facility.

_____ Initial acceptance of No Supervision.

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General Terms

This contract represents the complete understanding between you and the Gym. No representations, written or oral, other than those contained in this contract (and the Gym's other waivers) are authorized or binding upon the Gym. Should any part of this agreement due to legal or other regulatory changes become unenforceable, the remaining provisions within this agreement not impacted by such change shall remain in full force as originally written.

_____ Initial acceptance of General Terms.

I certify that I have read and understand all the terms of the gym agreement and agree to continue to abide by all of the terms of this agreement.

Print Name: _____ Signature: _____ Date: _____