



WELCOME

Keystone Wellness welcomes you to our wellness center.

PARTICIPATION POLICIES & FITNESS CENTER RULES

Keystone Wellness ("KW") designed the Participation Policies ("Policies") and the fitness program rules ("Rules") to facilitate a safer and more enjoyable environment. So, please be thoughtful and observe the Policies and Rules as you, and all members, agree to follow. KW may, in its sole discretion, modify the Policies and Rules without notice at any time. It's your responsibility to know and follow the most current Policies and Rules.

The following policies replace all previous Policies. If there is any conflict between these Policies and the Rules, these Policies apply. However, if there are Rules with a later date than these Policies, those Rules apply. All approved signs posted on the premises shall be considered a part of the rules and regulations of KW.

PROACTIVE FITNESS EQUAL OPPORTUNITY POLICY STATEMENT

KW seeks, enrolls, and maintains memberships without regard to race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, sexual orientation or age. It is further fitness center policy that no circumstance or conduct undertaken by wellness center personnel shall have the effect of discrimination on the basis of any of the aforementioned classifications. Given the independent nature of the program, it is necessary that clients are safe and independent community ambulators as well as are independent and safe with postural transfers and functional mobility tasks consistent with the environment.

CHECK IN

During the application process for membership, a copy of prospective member's photo ID will be taken and maintained. During each wellness center visit, members are asked to sign-in and to date the daily log.

RULES AND REGULATIONS

1. KW reserves the right to cancel a member's participation for any or all of the following reasons:

A. If a participant is found guilty of stealing equipment, supplies, money, or any other property of KW.

Fees will not be refunded.

B. If a member is physically violent towards any other member, student, instructor or staff member at KW.

C. If a member is verbally abusive towards any member, student, instructor or staff member at KW.

2. Due to the unsupervised nature of KW, a number of precautions must/ will be taken. Prior to membership all facility users must:

- Read, complete and sign the Welcome, Informed Consent, and Membership Form
- Have an induction with a staff member.
- When deemed appropriate by KW, obtain a medical clearance from a doctor stating that you are medically fit to use the equipment.

3. All fees are non-refundable and memberships are non-transferable.

4. Member agrees to pay dues, regardless of actual use, on the 1st of each month. If the 1st of the month falls on a weekend, payment will occur on the subsequent Monday.

5. Members are responsible to give KW written notices of any and all address changes. Failing to give notice presumes that all communication/billing is received.

6. Personal items must be removed the same day of use. All items found in the facility will be placed in the Lost and Found at the front desk for a period of 1 week.

7. The only personal items allowed on the exercise floor are plastic water bottles with water, a towel and personal CD players/mp3 players. All gym bags, purses, keys etc. must be placed in a designated location in the facility. KW is not responsible for any personal items left at or lost in or about the facility.

8. Members are encouraged to bring a workout towel (paper towels will be provided as a courtesy), to wear closed-toe athletic shoes and a shirt before entering the work-out area. Sandals are not permitted.

9. There is no smoking allowed in any area of the facility.



10. All children who are not participants must refrain from entering the exercise area.
11. Participants must be at least 18 years of age.
12. As a courtesy, please replace the weights on the rack after you use them and wipe off any benches and machines after your use.
13. For the protection and safety of members, clients, and staff, video surveillance will be utilized to monitor participation and conduct, and for other review as necessary.
14. No Solicitation: Any solicitation within the fitness center is absolutely forbidden. This includes, for example, solicitation for profit, political purposes or any other reason. This includes, but is not limited to, use of petitions, distributing or posting leaflets, notices or advertising anywhere in the facility, or leaving multiple copies of leaflets or other papers in the facility.
15. Facilities or services within the gymnasium may be unavailable at any particular time due to mechanical breakdown, fire, catastrophe or any other unspecified reason(s).
16. No membership = no use of facility. **The taking of non members to the gym or sharing your key with non members will void your membership immediately and no refund will be given.**
17. KW is an unsupervised wellness/fitness facility, and in order to gain access to KW, you are agreeable to and will sign an **INFORMED CONSENT AND RELEASE OF LIABILITY** as well as a **MEDICAL RELEASE FORM**.
18. ***KW urges all participants to seek the clearance of their physician if they have suffered any cardiac or pulmonary disease and/or disorder or feel that they would like to seek the advice of their physician prior to starting an exercise program.***
19. Availability of Facilities is subject to hours of operation or per membership agreement and may be discontinued altogether at any time. Membership will be offered on a "first come first served basis." Conflicts Regarding Use: Please don't linger on the equipment because other participants may want to use it. No participant should monopolize the equipment or weights. Participants are expected to observe a 20 minute time limit on all equipment if other members are waiting. If there is a sign-up list for the use of the equipment and a maximum time limit on its use, KW expects all the members to follow the Rules. In short, observe gym etiquette. If there is a conflict over use, please alert KW.
20. KW is not responsible for any theft of, or damage to your personal property.
21. No Alcohol, Drugs, or Smoking: You cannot use the Facilities or engage in any activity at KW while under the influence of drugs, alcohol, or medication. Also, KW Fitness does not permit smoking, alcohol, illegal drugs, including steroids in its Facilities.
No Weapons: No weapons of any kind are permitted in KW facilities.
No Photographic or Video Equipment: No photography, video taping, filming or audio recording is permitted on these premises without written permission of the Management of KW.
Food & Beverages: KW reserves the right to limit the consumption of food or beverages in workout areas.
Personal Training: Under no circumstance is any member to train another member for compensation. If it is determined that paid personal training has been conducted on the premises, the trainer and trainee will each lose their membership.
Outside Equipment: KW reserves the right, in its sole discretion, to limit or restrict the use of outside equipment in the center.
22. If any member participant violates any of the Policies or Rules, KW will ask that person to stop or leave. A violation may also cause KW to terminate the violator's participation/membership.
23. By **signing, dating, and initialing** below, you have read, understand, and will comply with the Rules and Regulations:

SIGNATURE: _____

INITIAL: _____

DATE: _____