

## WELCOME...

*BodyFuel Fitness (BFF) welcomes you as a new member and will do everything it can to help you reach your fitness goals.*

# MEMBERSHIP POLICIES & CLUB RULES

BFF designed the Membership Policies ("Policies") and the club rules ("Rules") to insure a safer and more enjoyable environment in which to exercise. So, please be thoughtful and observe the Policies and Rules as you, and all members, agreed to follow. BFF 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. All approved signs posted in a club or on the premises shall be considered a part of the Rules and Policies of BFF.

## MEMBERSHIP ID CARDS

BFF issues a membership ID card to you for identification purposes. You may not let anyone else use it. Use of your card by anyone else will cause it to be confiscated, and a fee will be charged to redeem it. The ID card is BFF's property and you must return it immediately if your membership is terminated or cancelled. There is a fee for lost ID cards.

## CHECK-IN

You must check in at the front desk and present your membership card, and work out towel. ("Sweating is optional, towels are mandatory") You can either have your picture taken for our internal computer system, or present a government issued picture ID. The photo ID that will be accepted is a driver's license, Provincial ID, student ID, military ID or passport.

## MEMBERSHIP FREEZE POLICY

BFF does not allow freezes to be placed on limited memberships purchased at the club or through the Internet.

**Qualification:** BFF will only freeze your membership if you are in good standing with all fees paid and current on your monthly dues and you qualify as follows:

**Medical Disability:** You must provide BFF with a verification from your physician stating your medical disability will prevent you from using the facilities. You can ask at your club for a BFF form which your physician must sign which is acceptable for documenting your medical disability. The minimum term for a medical freeze is three (3) months and the maximum is six (6) months.

**Active Duty Military Transfer or Missionary Assignment:** You must provide BFF with a copy of your transfer, deployment orders or missionary orders from the church. There is no minimum or maximum for missionary assignment freeze. If you request a specific freeze term less than six (6) months, your membership and EFT will automatically resume at the end of the specified time. If you request a specific freeze term greater than six (6) months, or you do not specify a freeze term, you must contact BFF to reactivate.

**Temporary Employment Transfer:** You must provide BFF with a verification from your employer, on company letterhead, that you are being temporarily transferred. The location of your transfer must be more than 25 miles from the nearest BFF location. The minimum term for a temporary employment transfer freeze is three (3) months and the maximum freeze is six (6) months.

**Dues During Freeze:** If BFF approves a membership freeze dues of \$6.95 per month will be collected with respect to such time and your right to use BFF facilities is frozen or suspended and BFF can deny you access to any BFF club during such freeze. In the event your membership is prepaid, the term of the prepaid membership shall be extended, subject to payment of the \$6.95 per month freeze, for the same period of the freeze. Except for military freezes greater than 6 months or unspecified, your membership will be reactivated and your EFT will automatically resume at the end of your freeze period.

**Notice:** You must provide at least thirty (30) days notice for a freeze request to allow BFF to process your request. If your request does not conform to this Membership Freeze Policy, you will be notified that your request has been denied and your membership shall remain active unless cancelled.

**No Other Freezes Allowed:** BFF will not allow any freeze that does not comply with the foregoing policies.

## **GUEST PRIVILEGES**

BFF encourages you to bring friends, relatives and business associates for a guest visit. We strongly recommend that you make an appointment for your guest's visit and a tour/orientation may be required. A guest must check in at the front desk, be at least 18, sign a medical and injury release form and pay a guest fee before using the facilities (a parent or legal guardian may bring a 16 or 17 year old minor as a guest if the adult member agrees to sign the appropriate release forms). BFF may restrict the number of guests and times you may bring guests. You must inform guests about these Policies.

## **USE OF THE FACILITIES**

**Availability of Facilities:** Any or all of the facilities or services, including but not limited to, classes, equipment, tanning, basketball, saunas, whirlpools or pools may have limited hours or may be discontinued altogether at any time and may also be offered on a "first come first served basis." BFF reserves the right to charge a separate participation or reservation fee for any or all of these facilities or services.

**Conflicts Regarding Use:** Please don't linger on the equipment because other members may want to use it. No member should monopolize the equipment or weights. If there is a sign-up list for the use of the equipment and a maximum time limit on its use, BFF expects all the members to follow the Rules. In short, observe gym etiquette. If there is a conflict over use, let BFF management resolve it.

**Personal Belongings on Gym Floor:** Please don't bring gym bags, handbags, backpacks, jackets etc....onto the gym floor. Please use lockers for such items.

**Sports Courts & Specialty Classes:** BFF has specific procedures and Rules and may charge you for the use of the sports courts and special classes. Please see the front desk or read the posted information for these activities.

## **USE OF THE FACILITIES (Continued)**

**Pool, Whirlpool, Sauna & Steamroom:** (If offered), BFF requires you to shower before using the pool, whirlpool, sauna or steam room. There are no lifeguards on duty at any of BFF's facilities. The use of the pool, whirlpool, sauna or steamroom is at your risk. While using the pool, you cannot jump lanes, dive or engage in horseplay. Lap swimmers have priority over casual swimmers.

**Weights & Other Equipment:** There are specific Rules posted regarding the use of the weights and other equipment in the facilities. As a courtesy, please replace the weights on the rack after you use them and wipe off any benches after your use.

**No Solicitation:** BFF club facilities are provided for the private use of club members only and are not open to the public. Any solicitation within any club 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 a club facility, or leaving multiple copies of leaflets or other papers in any clubs areas.

## **GENERAL POLICIES FOR MINORS**

Please check with the front desk for specific Rules and Policies regarding minors. You and your minor children must follow any such Rules or Policies and pay any applicable fees.

**Minors Under 12:** May not use the facilities at any time and must be accompanied by a parent or guardian at all times when in the facilities. If your minor child reacts negatively or cannot behave, BFF will ask you leave the facility. BFF does not permit children over six years old of the opposite sex in the dressing or shower rooms.

**Minors 12 - 17:** May use the facilities without being accompanied by a parent or guardian if the minor is a member or a guest and their parent or guardian signed the financial guaranty and the membership agreement. BFF reserves the right, in its discretion, to require that a parent or guardian accompany a minor.

## **LOCKERS**

BFF provides lockers for your use on a daily basis only and suggests that you use a lock to protect your property. Do not leave any valuable property in a locker at any time. BFF is not responsible for any theft of, or damage to, your property. If you leave a lock on the locker overnight, BFF has the right to cut it off. BFF will consider your property abandoned if left overnight. If you leave

## **PROHIBITED ITEMS AND ACTIVITIES**

**No Alcohol, Drugs, or Smoking:** You cannot use the facilities or engage in any activity at BFF while under the influence of illegal drugs or alcohol. Also, BFF does not permit smoking, alcohol, illegal drugs, including steroids in its facilities.

**No Weapons:** No weapons of any kind are permitted in BFF's 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 BFF.

**Food & Beverages:** BFF 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:** BFF reserves the right, in its sole discretion, to limit or restrict the use of outside equipment in the club.

## **DRESS / TOWEL POLICY**

BFF requires you to wear appropriate clothing and footwear while in the facilities. Here are general guidelines: gym shorts, T-shirts, jogging, aerobic and sweat outfits are all right for exercising or aerobics, but street clothes/shoes and jeans are not. Shower shoes and swimming suits are all right in the pool area, but leotards, danskins or cutoffs are not. Racquetball/basketball shoes are required on the courts. No street or black-soled shoes permitted. You must have a cloth towel with you during workouts to protect and clean the machines you use.

## **CONDUCT**

While in the facilities, BFF does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, using loud, abusive, offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members or BFF employees. This also includes clothing that could be considered offensive

## **VIOLATION OF RULES**

If any member or guest violates any of the Policies or Rules, BFF will ask that person to stop or leave. A violation may also cause BFF to terminate the violator's membership according to the terms of their membership agreement.

## **STEROID WARNING**

*Use of steroids to increase strength or growth can cause serious health problems. Steroids can keep teenagers from growing to their full height; they can also cause heart disease, stroke, and damage liver function. Men and women using steroids may develop fertility problems, personality changes, and acne. Men can also experience premature balding and development of breast tissue. There are also civil and criminal penalties for the unauthorized sale, use, or exchange of anabolic steroids*