



WAIVER OF LIABILITY FOR REHABILITATION CENTRE USE

I/We hereby understand and acknowledge that the training, programs and events held by the ForFitness & Athletic Performance Centre may expose me to many inherent risks, including accidents, injury, illness, or even death. I/We assume all risk of injuries associated with participation including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, and all other such risks being known and appreciated by me.

I/We hereby acknowledge my responsibility in communicating any physical and psychological concerns that might conflict with participation in activity.

I/We acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in.

After having read this waiver and knowing these facts, and in consideration of acceptance of my participation and the ForFitness & Athletic Performance Centre furnishing services to me, I agree, for myself and anyone entitled to act on my behalf, to **HOLD HARMLESS, WAIVE AND RELEASE** the ForFitness & Athletic Performance Centre its officers, agents, employees, organizers, representatives, and successors from any responsibility, liabilities, demands, or claims of any kind arising out of my participation in the ForFitness & Athletic Performance Centre training, programs and/or events.

By my signature I/We indicate that I/We have read and understand this Waiver of Liability. I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.

Participants

Participant's Name (Please Print): _____

Participant's Signature: _____

Date: _____

In case of emergency, contact: _____

Phone: _____

(Parent's signature if under 18 years of age)

I represent that I have legal capacity and authorize to act on behalf of the minor named herein.

Parent

Parent/Guardian Signature: _____

Date: _____



Gym Members Only: Terms of Use Agreement:

Hours of Operation:

* GYM staffed hours, from September to June, are:

Monday - Thursday: 6am - 630pm;

Friday: 6am - 530pm;

Saturday: 9am - 12pm (Saturdays the gym opens at 8am, when Mobility class is happening).

Holidays are not staffed.

Summer hours are slightly reduced; please see staff for specifics.

* GYM is open to KISI users from 5am to Midnight, seven days a week, including holidays.

Gym Access/KISI:

* A Membership entitles members access to the gym facility during regular business hours.

* Access to the KISI app may be issued to each member (16 years and older) when they join the facility.

* Each member will use his/her phone to gain entry for security and verification on each after hours visit to the facility.

* Membership will be removed if a member is found to be sharing their access or letting in people who do not have an active membership.

Guests:

* The gym is for the use of ForFitness and Athletics members and patients only.

* Bringing unregistered guests in on your membership will result in termination of your membership and access to the gym.

Behaviour & Dress:

* Be respectful to the other gym members, staff, and the gym itself.

* Allow fellow members to work in between sets, if appropriate.

* Respect classes being taught in the space by sharing the space; keep the volume at a level that class participants can hear the instructor

* Return all equipment to its proper place when you are finished using it.

* Excessive noises and mistreatment of equipment will not be tolerated.

* Wipe down your equipment after use. Towels and cleaners are provided by the entrance. Place used towels in the laundry hamper.

* When showering or using the sauna, the limit is 1-2 towels per visit. Place ALL used towels in the laundry hamper at the top of the stairs

* Take all your personal belongings with you when you leave, anything left behind will be placed in the lost and found for a period of one month. Anything not collected will be donated.

* Wear appropriate exercise clothing and proper footwear when in the facility.

* **ABSOLUTELY NO OUTDOOR FOOTWEAR! (NO SHOES PREFERRED)**. Indoor shoes should be worn when doing agility, sprinting, etc.

* Anyone thought to be under the influence of alcohol or drugs will be ejected and their membership will be removed.

* We reserve the right to refuse you entry into the gym or eject you from the gym if you commit serious or repeated breach of these policies or your membership contract (if applicable) or if you engage in any other serious misconduct.

* If playing your own music, the speaker must be no higher than volume 17 and the music must be appropriate for all ages.

**Membership Suspensions:**

* A suspension (or hold) can be placed on your membership up to 3 months each year. Suspensions can only be made for an increment of one month based on your membership renewal date. All suspensions have a planned return date. Please inform the office in writing of a request to suspend your membership (gym@forfitnessandathletics.com).

Membership Terminations:

* Your gym membership can be canceled at any time, with no cancellation fees. You must give 10 days notice in writing before your next renewal date to terminate or cancel your membership. Please email all cancellations to gym@forfitnessandathletics.com or stop in to the office and fill out a Cancellation Form.

Social Media/Photograph:

* We encourage sharing your own fitness journey on social media; however, it is prohibited to take a photograph or video of another member without their consent.

* Owners/Staff may take pictures or video for social media/website purposes only. Every time a photo or video is taken, our team will announce that they are doing so and ask for verbal consent. If you do not wish to have your or your child's image recorded please notify staff when they are taking photos or videos, and remove yourself from the shot.

Sauna:

* Sauna use is included with VIP Membership. All other members and patients can pay per use of the sauna (\$12+tax per half hour).

* Sauna use operates on a reservation system during office hours. You can use the MindBody app or speak with our front desk staff to book.

* Individuals under the age of 16 are not permitted in the Sauna.

* The sauna is available to gym members and patients only, and is not available to the general public.

Changing Areas + Lockers:

* Lockers are available for you to use on a first come, first serve basis. Use of lockers is at your own risk and ForFitness and Athletics is not liable for any theft or damage to your property.

* Locker keys can be signed in and out for day use only during staffed hours.