

Welcome to The *Fit Pit*

Greenwich Recreation Association has committed to providing a low-cost workout facility to our community. Welcome to the Fit Pit, your self-serve workout facility in the River Road Hub in Browns Flat. Thank you for joining us!

Please complete the attached: First the Par-Q and You form, then your membership application. Initial, sign and date where appropriate and return. **Please keep this sheet for your reference.**

Hours: Your Fit Pit swipe card will give you access from 5am-11pm

Membership: Membership is \$20/month for adult and \$15/month for youth (ages 14-16), paid for 3 months at a time. Email reminders will be sent out. If you wish to cancel your membership mid cycle, no refund will be issued. Your initial charge, when joining, will be prorated @ \$20/ month from the month you join to the end of the billing cycle.

Proceeds from memberships goes back into our facility, programs for all ages and the community. A paying membership is for you alone and is not to be shared with family and friends. If it is proven that I have given access of the River Road Hub to non paying members, your membership will be revoked and no refunds will be granted. Your membership gives you access to the Fit Pit and washrooms only, not the gymnasium or any other space in the Hub.

Safety: To maintain a safe environment for all attending the following rules always apply

- Members are not approved to attend unsupervised until completing safety orientation. We encourage you to attend your orientation with a 'workout buddy'.
- Each person entering the River Road Hub to attend the gym must swipe their card.
- The front door is to always stay locked unless opened for another group in the facility.
- There is a code keypad on the door to the Hub workout facility. The code to this room will be emailed to members and the door to this room is to always be closed. This is to ensure the safety of users and also keep children, who are often in the building, out of the workout facility.
- Photos or videos of anyone other than yourself without consent is prohibited.
- The equipment is to be used only as shown during your orientation. Your membership gives you access to the Fit Pit and washrooms only, not the gymnasium or any other space in the Hub.
- Do not drop or let drop weights
- You are responsible for your own safety in the Hub workout facility and you are attending at your own risk. You are responsible to evaluate your own physical activity readiness in the event of a change in health status or injury.
- You will adhere to cleanliness and sterilization guidelines as described in your orientation.
- Please do not instruct other gym users if you are not trained to do so
- Greenwich Recreation reserves the right to terminate membership if safety guidelines are not followed.

Respect: Members are expected to maintain a welcoming and respectful environment

- Please do not park at the front of the building, these spaces are reserved for those with mobility issues
- Please remove your outdoor foot ware at the front entrance and leave your shoes lined up under the coat rack
- Please keep volume level inside the Fit Pit to a respectful level
- The Hub is a community building and may be in use by other groups while you attend the Fit Pit, please be respectful of other users in the facility. On rare occasion, the Hub reserves the right to suspend use of the Fit Pit

Greenwich Recreation may change or update our regulations, members will be informed via email.

Complaints: Should an issue arise that you would like to bring to our attention, please email your concerns to greenwichrec@gmail.com