

Hub Workout Facility

Name	
Phone	
Address	
Email	
Emergency contact Name and Number	

Welcome to the Hub Workout Facility, a self-serve workout gym located in the River Road Hub. Please **initial and sign** where appropriate. PAR – Q and You form must also be returned. All personal and private information provided to us will be kept confidential.

Membership-

Conditions to be a member of the Hub workout facility: Must be 18 years of age or older

Must have completed a safety orientation.

I am 18 years of age or older

Membership is \$20/month paid biannually, \$120 to join Oct-March, \$120 to join April-Sept. Payment is due a week before the end of the membership cycle, September and March respectively, or you risk deactivation of your access card. 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.

I understand and agree to these terms

We have committed to providing a low-cost workout facility to our community, any 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.

I understand that my membership is for me alone. If it is proven that I have given access of the River Road Hub to non paying members, my membership will be revoked and no refunds will be granted

Safety-

Each member must complete a safety orientation before using the Hub workout facility unattended. Safety orientation in 2022 is provided by a grant through the sport and recreation branch. Commencing in 2023 there may be a fee assigned for membership orientation.

I understand and agree to these terms

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

- 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 will be 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.
- Please do not instruct other gym users if you are not trained to do so.
- You will adhere to cleanliness and sterilization guidelines as described in your orientation
- Greenwich Recreation reserves the right to terminate membership if safety guidelines are not followed.

I understand and agree to these terms

Exclusion of liability

I have completed my Par-Q and You form and understand the results and my responsibility regarding my own health and safety. I understand that certain physiological changes occur with exercise, some which can pose health risks and that if I become ill or injured while inside the fitness centre there may not be anyone on site to provide assistance. To the fullest extent permitted by law, I agree to defend and hold harmless Greenwich Recreation Association Inc. against all liabilities, claims, damages and expenses incurred or alleged arising out of or related to my use of this facility.

I understand and agree to these terms

Signature

Date