



24 hour facility agreement

As a 24-hour secure-access health club, Southside Health & Fitness has a few different policies and procedures than a typical fitness club. Please read the information in this guide carefully. If you have any further questions, please call the club during our staffed hours of operation. Please note, do to insurance and billing it will take a minimum of 72 hours to activate the key fob and can take as long as a week. If you are not acceptable to this timeframe do not accept this agreement, we understand, no exceptions. You are welcome to use the club during staffed hours until the key fob is activated.

CLUB USAGE

As an adult member of Southside Health & Fitness, you may use the club anytime, day or night, 24-hours a day, 365 days a year. However, we reserve the right to close the club or areas of the club, for repair, improvements, maintenance issues, or severe weather. This does not allow members to access behind the counter, employee only rooms, tanning, or group fitness areas. Please secure your key FOB at all times. There is a \$20 fee to replace lost or damaged key fobs. For example, washing or over-heating. Youth and teenage members may only use the club during staffed hours after checking in with the staff on duty.

GUEST POLICY

If you are interested in bringing a guest to use the club, please call or visit the club to purchase a day pass for use during staffed hours only. Only members with membership key fobs are allowed to use the facility. Only members are allowed in the facility you are not allowed to have a guest stay inside the club while you workout.

MEMBERSHIP CHECKS

While there are times that there will not be staff on duty at the club, all members entering and exiting the club will be monitored. We have made significant investment in the software and security to ensure that only members can access the club. Our camera system and membership software are synchronized to confirm that only approved members enter the facility. We do this in order to secure our members safety and to protect our members from potential violators of the admissions policy. For the safety of our members, any member giving access to a non-member or expired member will automatically be charged a \$50.00 security violation fee ([REDACTED] Member initials) and/or will forfeit their membership with the balance due and payable immediately. This is not an authorization allowing members to bring guests in after hours. All unauthorized access to the club will be reported to the local authorities.

PROPER ATTIRE AND HYGIENE

Wearing exercise clothing such as shorts, sweats, tank-tops, and athletic shoes will help to make your workout more enjoyable. Please do not wear blue jeans or other clothing that has external metal parts and rigid seaming since this can cause damage to the upholstery on the equipment. Shirts and shoes must be worn at all times in the facility. For your safety, street shoes, open toed sandals, boots, and excessive jewelry are not permitted. Clean workout clothing is required. Please avoid heavy perfume or cologne. Your clothing should be kept to a modest style since both men and women use the club. Please be considerate of others.

LOST OR STOLEN ITEMS

Southside Health & Fitness is not responsible for lost or stolen items. If you feel you have left something in error, please notify the club and we will be happy to look for you. Valuables are best left in your locked automobile or not brought to the club at all. If you find a lost article, please place it in the Lost & Found bucket. The Lost & Found bucket, cubby holes, and hangars will be cleaned out regularly.

STAFFED HOURS

Southside Health & Fitness has staffed hours posted throughout the club, however, due to unforeseen staffing issues the staffed hours are subject to change without notice.

INJURY & FIRST AID

In the event that you or another individual becomes injured, you have several options: For minor injuries, (cuts, abrasions, etc.) a first aid kit is located on the front counter. For serious injuries that need medical treatment dial 911 from the courtesy phone. Report all injuries (no matter how minor) to the club by calling and leaving a message (if after hours). A club representative will follow-up with you on the next staffed shift.



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SAFETY AND SECURITY

Southside Health & Fitness and the surrounding premises are under 24-hour recorded video surveillance. This video system is used for security purposes only in the event of a crime. The surveillance system does not protect you from harm in or on the building premises. You must use caution when entering or leaving the building. Emergency telephones are located in various locations within the facility. These phones are for dialing 911 only and will not dial any other phone number. Only enter and exit from the front entrance. All other exit doors are for emergency exits only. The use of these doors will result in the security system calling the security system and police. Individuals with health problems should never exercise alone.

Use the emergency telephone if you feel threatened or witness suspicious activity. You agree not to let anyone in the club for any reason other than uniformed emergency personnel acting in the line of duty. Do not allow another person to enter the club with you at the same time you enter (only one person may enter per key fob). Do not allow anyone else (including family members) to use your key fob, or scan anyone in, or open the door to allow someone else in. Please make sure the door is completely closed when you enter/leave the facility. Failure to comply with the Southside Health & Fitness security policies could put yourself or others at risk for injury or harm, and could result in you losing your membership privileges.

SEVERE WEATHER

In case of tornado warning or high straight line winds, please go to any of the three bathrooms. Do not attempt to leave the building until the all clear has been issued from the NWS. Do not stay in the open part of the building where you will be unprotected from possible broken glass.

POWER OUTAGE

In the event of a power outage, there are three emergency lights that will light. The door to the club has a fail safe latch which will allow you to exit the club without power to the door strike. You will not be able to enter the club during a power outage.

FIRE

In the event of a fire or if you smell or see smoke, exit the building immediately. Call 911 immediately from a cell phone or business nearby. Do not stay in the building.

PARKING AND BUILDING ACCESS

You may park anywhere on the building property. Please use caution in the parking lots and common sidewalks.

TOBACCO FREE AREA

Southside Health & Fitness helps promote healthy lifestyles; using tobacco products (cigarettes, cigars, pipe, chewing tobacco, or snuff) in the building is not permitted.

Member Signature _____ Date _____

Co-Member Signature _____ Date _____