

# **FITNESS FACILITY ACCESS FORM - Estates**

Date: \_\_\_\_\_

Unit # \_\_\_\_\_ Name \_\_\_\_\_

I am requesting access to The Ridgeway Fitness Facility. Access is only provided to named residents age 18 years or older. One Fitness Facility Access Form is required for each person provided access to this facility. I agree to abide by the Fitness Facility Rules as posted in the Fitness Facility and as listed below. I understand that the facility is unsupervised and is to be used at "my own risk".

Fee for Membership Selected:

Individual                  6 months                  1 year                  Cost \$ \_\_\_\_\_

Unit                          6 months                  1 year                  Cost \$ \_\_\_\_\_

Comments: \_\_\_\_\_

\_\_\_\_\_

Membership fees are not transferable and not refundable.

## **FITNESS FACILITY RULES**

BEFORE UNDERTAKING ANY EXERCISE PROGRAM, CONSULT WITH YOUR PHYSICIAN. YOU ARE USING THIS FACILITY AT YOUR OWN RISK. STAMM INVESTMENTS SHALL NOT BE RESPONSIBLE FOR LOST ARTICLES, ACCIDENTS OR INJURIES RELATED IN ANY MANNER TO THE USE OF THE FITNESS FACILITY.

THE FITNESS FACILITY IS NOT STAFFED. IT IS STRONGLY RECOMMENDED THAT YOU EXERCISE WITH A FRIEND. A "SPOTTER" CAN HELP YOU USE THE EQUIPMENT SAFELY, DETECT FATIGUE, AND SUMMON HELP IN THE EVENT OF AN ACCIDENT.

### **RULES**

***USE OF THIS FACILITY AND THE EQUIPMENT IS AT YOUR OWN RISK.***

- THE FITNESS FACILITY IS FOR RESIDENT USE ONLY.
- PERSONS UNDER 18 YEARS OF AGE MUST BE ACCOMPANIED BY A PARENT OR LEGAL GUARDIAN AT ALL TIMES WHEN USING THE FACILITY.
- THE FITNESS FACILITY WILL BE LOCKED AT ALL TIMES. DO NOT PROP THE DOOR OPEN FOR ANY REASON.
- NO FOOD OR BEVERAGES OTHER THAN WATER ARE PERMITTED IN THE FITNESS FACILITY.
- PERSONAL FITNESS EQUIPMENT NOT PERMITTED TO BE PLACED OR USED IN THE FACILITY.

- ONLY SUITABLE INDOOR ATHLETIC SHOES MAY BE WORN ON THE EQUIPMENT. PLEASE BE SURE SHOES ARE FREE OF DIRT BEFORE ENTERING THE FITNESS FACILITY.
- CLOTHING SHOULD BE APPROPRIATE TO THE ACTIVITY: UPPER AND LOWER BODY COVERINGS FOR ALL ACTIVITIES REQUIRED.
- REPLACE ALL EQUIPMENT IN APPROPRIATE PLACES.
- EQUIPMENT MUST BE WIPED DOWN AFTER EACH USE, USING THE CLEANING SOLUTION PROVIDED.
- BICYCLES, SKATEBOARDS OR ROLLER BLADES ARE NOT ALLOWED.
- NO SIGNS, POSTERS, ADVERTISEMENTS, DECORATIONS, OR PERSONAL EQUIPMENT MAY BE PLACED IN THE FACILITY WITHOUT PRIOR WRITTEN APPROVAL FROM STAMM INVESTMENTS.
- USE OF THE FACILITY IS A PRIVILEGE. STAMM INVESTMENTS RESERVES THE RIGHT TO REVOKE THE PRIVILEGE AND PROHIBIT USE OF THE FITNESS FACILITY BY ANY INDIVIDUALS FAILING TO COMPLY WITH NORMAL PRECAUTIONS AND WITH ESTABLISHED RULES AND POLICIES.
- IT IS THE TENANTS POSITIVE OBLIGATION TO REPORT MISCONDUCT AND DANGEROUS SITUATIONS TO THE PROPERTY OFFICE.
- PARTICIPANTS ARE ASKED NOT TO CARRY ON AN ACTIVITY IN SUCH A WAY AS TO INTERFERE WITH ANOTHER ACTIVITY IN THE ROOM OR BUILDING.
- PERSONS WILFULLY DAMAGING THE EQUIPMENT OR THE FACILITY WILL BE PROHIBITED FROM USING THE FACILITY.
- PLEASE – NO PROFANITY OR YELLING.
- IN CASE OF DAMAGE OR MALFUNCTION, PLEASE NOTIFY THE PROPERTY OFFICE IMMEDIATELY.

*THANK YOU FOR YOUR COOPERATION*

**Emergency Contacts:**

For injury: 911

For Equipment Malfunction: 519-576-0631

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ Witness: \_\_\_\_\_