

BALLARD HEALTH CLUB

CLUB RULES, REGULATIONS and INSURANCE WAIVER for GUESTS UNDER 18 YEARS OLD

Guest Name (printed): _____ Herein referred to as "Guest".

CHECK IN: Guests must visit the front desk and pay a drop-in fee each time they attend a class.

ATTIRE: Proper attire is required for participants using the club. Shirts, shoes, and clean, un-torn clothing are mandatory. No bathing suits or briefs without tights or leg coverings are allowed. Proper footwear must be worn as follows: Classes - court-type or class appropriate shoes only, unless otherwise specified by the instructor. Weight training and general exercise - no open toed shoes, thongs, sandals, street shoes, bare feet, or slipper-type shoes allowed unless approved by class instructor.

CONDUCT: Ballard Health Club is committed to the health, safety, and welfare of each of its guests, members and staff. Ballard Health Club does not tolerate unreasonable, threatening, obscene, harassing, indecent, or illegal behavior. Ballard Health Club has the right to judge behavior and respond accordingly. This right includes, but is not limited to, the refusal of service to any guest engaging in unacceptable behavior.

ACCESS TO FACILITY: When not accompanied by their Responsible Adult, Guests are only permitted access to the lobby, lobby restrooms, and/or Studio that is having a class that Guest is visiting the facility for. There are cubbies available in Studio Y and/or lockers in the lobby area of the club to store belongings while attending class.

DAMAGES: Responsible Adult agrees to pay any damage to facility that Guest willfully or neglectfully caused to the facility.

LOST ARTICLES: The club assumes no responsibility for lost or stolen articles. Lost and found articles not claimed will be donated to charity.

FOOD AND DRINK: No food or drink is allowed beyond the lobby area. Water may be taken into workout areas if it is in a non-breakable, enclosed container.

WAIVER AND RELEASE OF LIABILITY

1. As the Responsible Adult of Guest identified in this document, I am aware that he/she will engage in physical exercise at Ballard Health Club, including, but not limited to, the use of exercise machines, free weights, and club fitness training and instruction, which could cause injury to him/her. Guest is voluntarily participating in these activities and I assume all risk including negligence caused by him/her. I hereby voluntarily and forever release, discharge, waive, and relinquish any and all actions, causes of action, or claims for personal injury, property damage, or wrongful death occurring to Guest arising out of his/her use of the facilities against Ballard Health Club, its agents, and employees. **2.** I understand that Ballard Health Club will make no medical diagnosis as to whether Guest is sufficiently fit for any exercise activities. If I know or suspect that he/she is not in good physical condition, especially concerning any previous or present illness or injury that may affect his/her participation in strenuous exercise, I understand that it is my responsibility to consult with his/her physician. Therefore, I agree to be solely responsible for all expenses and damages incurred because of any injury sustained from Guest's participation in any exercise class or club activity.

I accept the stipulations stated in this document.

_____ Date: _____
Guest Name (Signed)

As Parent or Legal Guardian of Guest, I agree to be responsible for his/her actions and to ensure that he/she adheres the stipulations expressed in this document. I also accept the above Waiver and Release of Liability on behalf of Guest.

Printed Name of Parent or Legal Guardian

Phone Number of Parent or Legal Guardian

Signature of Parent or Legal Guardian

Relation to Guest

Date _____

Staff Initials _____