LivFit Arlington policies and procedures:

**Note**: failure to abide by these policies may lead to suspension or termination of your membership.

**Membership Terms and Conditions**

***FREEZES*:**

* 2 month maximum freeze allowed for Automatic Payment Memberships - $15 freeze fee per month
* 1 month freeze allowed for 6-month Pre-Paid Memberships; no fee required
* 2 months freeze allowed for 12-month Pre-Paid Memberships; no fee required

***REFUNDS****:*

* Pre-Paid Memberships: Refund for unused time due health concerns/injury (requires physician’s note)

***CANCELLATIONS***:

* $30 fee if 6-month commitment not completed for Automatic Payment Memberships
* Cancellation requires 30-day advance notice: email to livfitarlington1@gmail.com

***GENERAL***: All members must comply with policies & procedures or membership may be terminated upon discretion of LivFit

**Student Membership Terms and Conditions**

***REQUIREMENTS***:

* Membership Available for Middle School / High School Students Ages 13-19
* Must present valid school ID (Middle School / High School) at time of joining
* Under Age 18, parent or guardian must sign club waiver in-person

***FREEZES*:**

* 1 month freeze allowed for 6-month Pre-Paid Memberships; no fee required

***REFUNDS***:

* Pre-Paid Memberships: Refund for unused time due health concerns/injury (requires physician’s note)

***GENERAL***: All members must comply with club policies & procedures or membership may be terminated upon discretion of LivFit

**Checking in**

Please scan your key card each time you enter the club.

This improves security by distinguishing you from nonmembers. Another benefit is that we can monitor total gym usage and add staff when attendance spikes. Finally, if you'd like to know how often you have used our gym (say for tax or insurance purposes), it makes obtaining a usage report possible.

Key tags may not be loaned to another person. Allowing someone else to use your key tag will result in immediate termination of your membership. Unfortunately, one strike and you're out.

Security cameras with recording capabilities are in use at LivFit

**Locker rooms**

Our locker rooms have lockers for you to store your belongings in while you work out. You must bring your own lock. Also, self-serve lock boxes for valuables are available for one-day use. Sorry, but we are not responsible for anything left in the locker.

LivFit maintains a Lost and Found. Found items are kept for approximately 14 days. We are not responsible for lost, stolen or damaged personal property, including but not limited to any property left on the premises or in a locker.

**Smoking is prohibited**

LivFit is committed to the health of its employees and members. Smoking is not permitted anywhere in LivFit including all enclosed areas of the gym, including the entrance area immediately outside the front door. This applies to all smoking tobacco products, i.e., cigarettes, cigars, pipes and any vaping products.

**LivFit attire**

Proper athletic attire must be worn while on the LivFit premises and using the equipment and services.

Sneakers, socks, athletic pants/shorts, and shirts are considered appropriate attire.

Jeans are not permitted. Jeans often have studs, rivets and zippers which may tear the fabric on the benches.

Bare feet, socks only or sandals are NOT permitted.

During winter months and rainy days, please bring a dry pair of shoes.

**Food and beverages**

Other than water bottles and sports drinks, all food and beverages are not allowed in the workout areas of the gym.

**Health and safety**

If you have COVID, the flu, a cold, or any other contagious illness, please do not use the gym. Using the gym with a contagious illness puts you and all other members at risk. Illness causes an individual's system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Bottles of disinfectant and paper towels are available within they gym for cleaning perspiration from the pads and benches. Please be courteous of fellow gym members and use the supplies provided in the areas that you use.

**Injuries**

Any member who incurs an injury or becomes dizzy/ill while using the gym should immediately contact a staff person for assistance. A first aid kit is kept at the front desk for minor injuries. In cases requiring more extensive first aid, fitness center staff will contact the appropriate persons for assistance. It is important that fitness center staff be notified of any cases of injury or illness so that proper procedures can be initiated.

**Cardiovascular equipment usage procedures**

Cardio equipment is on a first come, first serve basis. We ask that you please limit use to 30 minutes, if people are waiting. Our facility attendants can assist you if you have any questions or concerns. Please wipe down cardio equipment after use.

**Weight lifting policies**

For the courtesy of all gym members and for safety reasons, all lifters MUST re-rack their own dumbbells and weight plates after they have finished using them. Searching for sets of weights needed for your weight lifting program can be a hassle and this is easily avoided when all lifters re-rack their own weights. Furthermore, having weights spread throughout the centers poses obvious hazards. Continued failure to abide by this LivFit policy may lead to the suspension or termination of your membership.

Please do not slam or drop the weights.

All lifters MUST use a spotter for safety reasons. If you do not have a lifting partner, ask a staff person to assist you. If you are a person who uses chalk when lifting, please keep it in a spill proof container.

**Fire alarms**

Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while you are using the facilities, you must immediately leave the center through the nearest exit door and remain outside until it has been announced that it is safe to enter the center.

**Mobile phone and camera use**

Please be courteous of all other members and try to limit using cell phones while working out. This will help prevent “back up” on machines and free weights. Additionally, please limit phone calls to common areas.

**Inclement weather**

Every possible effort will be made to keep the gym open during normal operating hours in the event of poor weather conditions. Should modifications need to be made to our hours, notification will be posted on our website at www.livfitarlington.com. Please keep in mind that on occasion inclement weather causes power outages and updating our website may not be possible. Therefore, please call the gym prior to venturing out during a bad storm to verify that it is open or the class you want to take is indeed happening.

**Waiver of Liability**

The health and safety of our members and guests is our highest priority. While our policies are designed to help protect you, **LivFit cannot remove all risk or otherwise guarantee or promise that you will not sustain any injuries or damages from viruses, communicable diseases, or other health hazards** associated with your use of LivFit's premises, facilities, equipment, services, activities, including exposure, transmission, infection, illness, sickness, disease or death with respect to COVID-19 and any new variants that may develop and the virus that causes it, SARS-CoV-2

The preceding policies and procedures are not all-inclusive. Other rules and regulations may be posted in and about the facility and shall be binding for all members  
  
Management reserves the right to change and amend these policies and procedures as deemed necessary for the safe and functional operation of the facilit