

Clare Family Fitness

Rules & Etiquette

**OUR NUMBER ONE CONCERN IS EVERYONE'S SAFETY.
DO NOT PUT YOURSELF OR ANY OTHER PERSON AT RISK AT ANY TIME.**

- **ALL MEMBERS MUST SCAN THEIR KEYCARD AT THE COUNTER UPON EACH VISIT or SIGN IN ON GUEST SHEET.**
- **ATTIRE**
 - Only clean, dry shoes are permitted. Consider the bench upon entry to change shoes.
 - Proper fitness attire required at all times. Consider modesty in style and graphics.
 - Athletic shoes must be worn at all times (excluding Yoga).
- **HEALTHY HYGEINE**
 - Wipe down equipment after use with spray and cloth provided.
 - Cover any open wounds, cuts or abrasions with athletic tape or band aids.
 - Hand sanitizer is provided throughout the gym for your convenience.
- **EQUIPMENT USE**
 - Do not use any equipment without proper knowledge. If you are unsure of how to operate any piece of equipment, please consult our knowledgeable and helpful staff for assistance.
 - Accessory equipment and mats are available and may be taken into group exercise rooms as needed. Please sanitize and return the equipment to its original location after use.
 - Use equipment ONLY as it is intended. Inappropriate use or abuse of the facility or equipment may result in injury to yourself/others and may be cause for termination of membership privileges.
- **YOUTH ACCESS**
 - Children under 18 entering CFF must have a Parental Consent/Family Pact signed by their parent/guardian.
- **TURF ROOM**
 - No unsupervised children (12 & under) allowed in Turf Room to avoid injury (see Family Pact).
- **FREE WEIGHT AREA**
 - Be aware of those around you.
 - Rack your weights when you are done using them.
 - Use proper technique and never lift more than you can handle to avoid serious injury. If you are unsure of proper technique, please consult our knowledgeable and helpful staff for assistance.
 - Do not drop or throw your weights onto the floor (bumper plates are an exception).
- **TREADMILL USE & CARE**
 - Absolutely NO outside shoes allowed on treadmills; only clean and dry shoes are allowed.
 - Stand on side runners before starting treadmill; once treadmill has started, please step carefully onto track.
 - Member treadmill use may be withdrawn at any time at the discretion of CFF Staff.
- **TANNING SAFETY**
 - Wipe down tanning bed or hex with spray provided after every use.
 - Wear tanning goggles for your eye protection.
 - Do not use products with mineral oil or alcohol in tanning beds.
- **LOCKER ROOM**
 - Please do not leave locks on lockers overnight. Contact the front desk if this is necessary.
 - Children 4 years of age or older may not use the locker room of the opposite sex.
 - Considering other's needs, please avoid using the restroom to change clothes, apply make-up or dry hair.
- **DOHERTY HOTEL POOL PASS**
 - CFF members may use the pool M-TH from 9 am – 5 pm and Friday from 9 am – 3 pm.
 - To obtain a Pool Pass, the member must come to CFF front desk and scan keycard to confirm eligibility.
 - All members intending to use the pool must be written on the Pool Pass; others will be charged by Doherty.
 - If a child is a member and using the Doherty Pool, they must be supervised at all times.
- **FOUL LANGUAGE AND IMPROPER BEHAVIOR**
 - ABSOLUTELY NO PROFANITY ALLOWED, including apparel and music (CFF stereo and portable speakers).
 - Report incidents of sexual harassment immediately. This may include, but is not limited to, explicit propositions, sexual innuendos, suggestive comments or jokes, sexist remarks, unwanted staring or leering, unnecessary touch.
 - Violation may result in revoked membership privileges with no refund at the discretion of CFF Staff.
- **MUSIC OPTIONS**
 - CFF is licensed to play music and will provide clean tunes; we can change the station at your request.
 - Only personal music devices with headsets are permitted in the general gym area.
 - Personal speakers may be used in the Rack Room, The Turf Room, Hotworx, the Circuit Room, and Group X when classes are not in session.
- **LOSS/THEFT**
 - Clare Family Fitness and our staff are not responsible for lost or stolen items.
- **DRUGS/ALCOHOL**
 - Drugs & alcohol are not allowed on the premises. Under no circumstances should equipment be operated under the influence. Violation of this policy is cause for membership cancellation without refund.

**THANK YOU FOR HELPING CLARE FAMILY FITNESS PROVIDE A SAFE AND COMFORTABLE ATMOSPHERE
FOR ALL MEMBERS!**