

Renfrew Strength and Conditioning Center Membership Form

1. Member Details

First Name: _____ Last Name: _____

Sex: Male Female

Birth Date (MM/DD/YYYY): _____

Mailing Address: _____

City: _____ Province: _____ Postal Code: _____

Email Address: _____ Phone: _____

Would you like to receive information from RSCC via email? Yes No

Emergency Contact Name: _____ Phone: _____

2. Membership Details

Membership Term: _____ Date (MM/DD/YYYY): _____

1 Month

Couples

3 Month

Student/Senior

1 Year

Other: _____

Personal Training: # Sessions: _____

3. Members Declaration and Payment Details

Before signing this document, I have read, understand and hereby agree to the terms and conditions of membership as defined in Section 4 of this membership form and know that it affects my legal rights. I agree to pay the following each month until my membership expires or I cancel my membership. One months' notice is required for early cancellation.

The month gym membership fee of \$_____ will be withdrawn on the _____ (today's date) of each month.

Expiration Date (MM/DD/YYYY): _____

Please complete the card information below, which hereby authorizes RSCC to debit the following card the above membership amount each month.

Name on Card: _____ Card Type: Visa Mastercard

Card Number: _____ Expiration Date (MM/YY): _____ CVS: _____

Billing Address (if different from above): _____

Signature: _____ Date (MM/DD/YYYY): _____

**** PLEASE TURN OVER AND COMPLETE BACK PAGE ****

4. Membership Terms and Conditions – Waiver and Release

Acknowledgment of Risks, Injury & Obligations

I acknowledge that the activity I am to undertake is a dangerous activity and that by participating in it I am exposed to certain risks. I acknowledge and understand that whilst participating in such activity:

- I may be injured, physically or mentally, or may die;
- My personal property may be lost or damaged;
- Other persons participating in such activity may cause me injury or may damage my property;
- I may cause injury to other persons or damage their property;
- The conditions in which the activity is conducted may vary without warning;
- I may be injured or die or suffer damage to my property as a result of the negligence or breach of contract of Renfrew Strength and Conditioning Center Incorporated;
- There may be no or inadequate facilities for treatment or transport of me if I am injured;
- I assume the risk of and responsibility for any injury, death or property damage resulting from my participation in the activity;
- I agree that Renfrew Strength and Conditioning Center may record video and/or audio or photograph of me for instructional and/or promotional purpose without payment of any kind to me and without further notice to me or permission from me.
- I acknowledge the contagious nature of the Coronavirus/COVID-19 and that the CDC and many other public health authorities still recommend practicing social distancing.
- I further acknowledge that Renfrew Strength and Conditioning Center Inc. has put in place preventative measures to reduce the spread of the Coronavirus/COVID-19.
- I further acknowledge that Renfrew Strength and Conditioning Center Inc. cannot guarantee that I will not become infected with the Coronavirus/Covid-19. I understand that the risk of becoming exposed to and/or infected by the Coronavirus/COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, gym staff, and other gym members and their families.
- I attest that on every visit to Renfrew Strength and conditioning Center:
 - I am not experiencing any symptom of illness such as cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
 - I have not traveled internationally within the last 14 days.
 - I have not traveled to a highly impacted area within the Canada in the last 14 days.
 - I do not believe I have been exposed to someone with a suspected and/or confirmed case of the Coronavirus/COVID-19.
 - I have not been tested for Coronavirus/Covid-19 and not yet received a negative test result.
 - I have not been diagnosed with Coronavirus/Covid-19 and not yet cleared as recovered by provincial or local health authorities.
 - I am following all CDC recommended guidelines as much as possible and limiting my exposure to the Coronavirus/COVID-19.

Release and Indemnity

I participate in the activity at my sole risk and responsibility. I release, indemnify and hold harmless Renfrew Strength and Conditioning Center Incorporated, its servants and agents, from and against all and any actions or claims which may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, illness, loss, damage or death caused to me or my property whether by negligence, breach of contract or in any way whatsoever.

Administration

- Appropriate covered footwear and a shirt must be worn at all times while in the gym facility.
- Memberships are not refundable or transferable.
- All weights and equipment must be put back after use.
- Photo ID cards (i.e. student card or driver’s license) or valid membership card must be carried and shown upon request.
- Shared gym access with a non-member will result in forfeiture of membership effective immediately.
- Each member must respect other gym users and behave in an appropriate manner at all times.
- Each member must respect the reserved areas and equipment at all time.
- Renfrew Strength and Conditioning Center staff reserves the right to rescind the rights of members not complying with the terms and conditions of the membership.
- Anyone under the age of 15 must always be accompanied by an adult within the gym.

Covid-19 Prevention Rules

- Limited Occupant – Renfrew will be limited to a specified number of occupant at one time. If you come to the gym and there are more than that number (will be posted) you must leave.
- Booking workouts – The help with social distancing and limit numbers you will be required to book your workout time. Do so at www.renfrewstrength.com.
- Members Only – Only members will be allowed in at the time. No drop-ins. If you want to bring a friend they must be prepared to get a membership.
- Stay home if you are sick – If you are experiencing any of these symptoms stay home, cough, shortness of breath or difficulty breathing, fever, chills, repeated shaking with chills, muscle pain, headache, sore throat, or new loss of taste or smell.
- Wash your hands – When arriving at the gym please wash your hands.
- Social distance – Stay at least 2 meters (6 feet) from other members in the gym with you.
- Clean Equipment – You will receive a spray bottle and clean cloth when you arrive. Use it to wipe down EVERY you use before you leave.
- No Lingering – Please leave when your booked time slot is up. Remember to leave time to wipe down your equipment.
- See more details on the rule at www.renfrewstrength.com.

I have read and agree with all of the above and understand that the above applies whether participating under the members own guidance or the guidance of the personal trainer not employed by Renfrew Strength and Conditioning Center.

Signature (guardian if under 18): _____ **Date** (MM/DD/YYYY): _____

<p>Office Use Only:</p> <p>RSCC ID # _____</p>
