



Conduct Agreement

As a member of the Lord's Gym Oroville I agree to:

- NO tobacco
- NO chalk
- NO cussing
- NO explicit clothing
- NO sports bra only, please cover sports bra with shirt
- NO music without headphones
- **NO deadlifting** in the back room - use the olympic room and only use bumper plates or metal plates (never use the black plates as they break)
- NOT responsible for lost or stolen items

RESPECT the Lord's Gym Oroville equipment and facilities. I will:

- Use gym equipment in a safe and appropriate way.
- Keep gym property and facilities safe from damage.

RESPECT other members of the Lord's Gym Oroville. I will:

- Treat other gym members courteously and considerately.
- Keep noise low so that it does not disturb others.
- Put the weights and other equipment back to where they belong.

RESPECT the Lord's Gym Oroville staff and volunteers. I will:

- Listen to and obey instructions from staff and volunteers at all times.
- Leave the premises instantly if requested to by staff or volunteers.
- Respect the authority of Lord's Gym staff at all times.

I understand that my membership is non-refundable and can be terminated at any time if I have been warned about my misconduct and fail to change my behavior or if I do any of the following:

- Smoke on gym premises.
- Enter gym premises under the influence of drugs or alcohol.
- Take alcohol, drugs or drug paraphernalia onto gym premises.
- Take weapons of any kind onto gym premises.
- Engage in any kind of sexual activity on gym premises.
- Attempt to steal Lord's Gym property.
- Refuse to obey direct instructions from Lord's Gym staff.

I have read and understand these rules and agree to obey them at all times.

Signature: _____ **Date:** _____

Print Name: _____

PRINT FULL NAME _____

Lord's Gym Unstaffed Hours Membership Agreement

Use of the Lord's Gym Oroville facility during unstaffed hours is a special privilege offered to certain Lord's Gym members at no additional cost. This privilege is offered based on the member's signed agreement to abide by the rules laid out in this agreement. Access during unstaffed hours can be prohibited at any time at the sole discretion of Lord's Gym Management.

1. I understand and agree that my access to the Lord's Gym Oroville facility during unstaffed hours **is a privilege, which can be revoked at any time** by Lord's Gym Oroville management.

PLEASE INITIAL _____

2. I understand and agree that strength, flexibility, aerobic and anaerobic exercise, including the use of any gym equipment, is a **potentially hazardous activity**. I also understand that fitness activities involve an inherent risk of injury and even death and that I am voluntarily participating in these activities and using equipment with knowledge of all the dangers involved.

PLEASE INITIAL _____

3. I understand and agree that this agreement gives me access to the Lord's Gym Oroville facility during hours when the gym is not staffed. I understand that there will therefore be **NO SUPERVISION OR ASSISTANCE DURING THESE HOURS**. I am also aware that if I am injured, become unconscious, suffer a stroke or heart attack or any other emergency requiring immediate assistance, that there will likely be no one present to respond and the Lord's Gym Oroville has no duty to provide assistance to me. I understand that it is highly recommended that I have a **workout partner accompany me** while at the club, but this is entirely my choice.

PLEASE INITIAL _____

4. I understand and agree that **NO GUESTS** may attend with me during unstaffed hours. I understand and agree that any person entering the gym with me, without first closing the door and scanning their membership key tag, or anyone I open the door for and allow in, will be considered my unauthorized guest. I understand that this is a violation and **I personally take on any all legal liability should accident or injury occur to this guest**. I understand and agree that the penalty for card sharing or for allowing in unauthorized guests is **\$40 per incident**.

PLEASE INITIAL _____

5. I understand and agree that my access to the Lord's Gym Oroville facility during unstaffed hours is conditional on my **respecting the standard and values** of the Lord's Gym Oroville by abiding by the following rules:

- No playing loud music, cursing or other discourteous behavior.
- No alcohol, drugs or smoking allowed on site.
- No sexual activity of any kind or any other behavior deemed by the Lord's Gym to be inappropriate.

PLEASE INITIAL _____

6. I hereby understand and acknowledge my use of the Lord's Gym Oroville facilities outside of staffed hours may expose me to inherent risks, including accidents, injury, illness or even death. I assume all risk of all injuries which may occur, regardless of negligence, as a result of (a) my use of all amenities and equipment in the facility and my participation in any activity, class, program, personal training or instruction, (b) the malfunctioning of any equipment and (c) my slipping and/or falling while in the gym, or on the gym premises, including adjacent parking areas and sidewalks. I acknowledge that I am physically fit and mentally capable of performing the physical activity I choose to participate in. I understand that I am using the gym at my own risk during unstaffed hours and that the gym will not be staffed during these hours. I further understand that the Lord's Gym Oroville is not responsible for my personal property or for any loss or damage to my property. After having read this waiver and knowing these facts I agree, for myself and anyone entitled to act on my behalf, to hold harmless and release the Lord's Gym Oroville, Father's House Restoration Ministries, the Father's House Church and their officers, associates, volunteers, staff, agents, employees, organizers, representatives and successors from any responsibility, liabilities, demands or claims of any kind arising out of my use of the Lord's Gym Oroville Facilities. By my signature I indicate that I have read and understand this Waiver of Liability. **I am aware that this is a waiver and a release of liability and I voluntarily agree to its terms.** I agree to give up or waive any right that I may otherwise have to bring legal action against the Lord's Gym Oroville for negligence, personal injury or property damage.

Print Name: _____

Signature: _____ Date: _____

Lord's Gym Unstaffed Hours **RULES & REGULATIONS**

Please make sure you are aware of the following rules, as failure to comply with them may incur additional membership fees or fines. Please note we reserve the right to prohibit access during unmanned hours at any time.

1. Unauthorized guests are not allowed. If you allow a guest to enter the Lord's Gym during unstaffed hours, you will **incur a \$40 fee** per incident. This includes:

- Opening the door to allow someone to enter.
- Allowing someone else to borrow or share your key tag.
- Allowing anyone to enter behind you without first closing the door - regardless of whether this is intentional.

Please be aware our entire facility, including all three doors, is covered by cameras and we check this footage on a daily basis.

2. Every time you enter, **you must identify yourself by using the key tag scanner**. Do not follow anyone else through the door without first doing this.

3. We strongly advise that you **bring a workout buddy** with you when you attend the gym during unstaffed hours, as otherwise there may be no-one present to help you in case of an emergency. We also have medical bracelets available for use at your request that link directly to 911. Please always carry a cell phone with you while working out alone.

4. Please **respect those around you**, and the standard and values of the Lord's Gym, by refraining from the following:

- Playing loud music (please use headphones)
- Cussing
- Bringing alcohol or drugs onto the premises or smoking
- Any sexual activity or other behavior inappropriate in a public space.
- Removing your shirt (please do not work out shirtless or wearing only a sports bra)
- Wearing clothing with explicit words or images.

5. Please make sure to put away all weights and wipe down any equipment you have used before leaving.