



Liability Waiver

New Membership Guest Type of Membership, Individual, Couple, Family _____

_____ M F _____ / ____ / ____
Print Full Name First, Middle , Last Today's Date

_____ / ____ / ____
Address City State Zip

_____ / ____ / ____
Print Email Please Phone Number Date of Birth

_____ Phone
Print Emergency Contact Name & Relationship

By signing this liability waiver, the above member or guest expressly waives on behalf of all individuals on this membership or day use of the facilities all rights against the Downtown Athletic Club ("DAC"), its officers, agents and employees, and has assumed all risk and full financial responsibility for any injury, loss claim or other damage they might incur or suffer while using the DAC as a result of any act or omission of the DAC or its officers, agents, employees, licensees and invitees. Additionally, it is understood and agreed that the DAC is not responsible for any loss, claim or damage incurred with respect to any lost, stolen, or damaged automobile, personal property, money, or other valuables brought to the DAC or left on the DAC's premises, including valuables placed in the facility lockers, and each user of the DAC hereby expressly assumes all risks and **full financial responsibility for any such loss or damage, however caused.**

BY MY SIGNATURE ON THE FRONT SIDE OF THIS AGREEMENT, I ACKNOWLEDGE THAT I HAVE READ AND AGREE TO ALL OF THE TERMS AND CONDITIONS AS STATED IN THIS LIABILITY WAIVER. I AGREE TO PAY MONTHLY DUES, GUEST FEES, AND ANY OTHER CHARGES INCURRED BY ME OR BY ANY PERSON ENTITLED THROUGH MY MEMBERSHIP TO THE USE OF THE PRIVILEGES OF THE DOWNTOWN ATHLETIC CLUB FROM THE DATE OF THE ACCEPTANCE OF THIS LIABILITY WAIVER UNTIL THE TERMINATION OF THIS MEMBERSHIP.

Signature _____ Date _____ / ____ / ____

Signature of parent or legal guardian for those under the age of 18

Print Name _____

Signature _____



Physical Activity Readiness Questionnaire (PAR-Q)

This PAR-Q is a simple self-screening tool that is used by the Downtown Athletic Club (“DAC”) to determine the possible risks of exercising based on your health history, current symptoms, and risk factors.

All the questions are designed to help uncover any potential health risks associated with exercise. The most serious potential risk of intense exercise is that of a heart attack or other sudden cardiac event in someone with undiagnosed heart conditions.

Check Yes or No to each of the following questions:

Yes No

1. Has your doctor ever diagnosed you with a heart condition and that you should only do physical activity recommended by a doctor?
2. Do you feel pain in your chest when you do physical activity?
3. In the past month, have you had chest pain when you were not doing physical activity?
4. Do you lose your balance because of dizziness, or do you ever lose consciousness?
5. Do you have a bone or joint problem that could be made worse by a change in your physical activity?
6. Is your doctor currently prescribing drugs for your blood pressure or heart condition?
7. Do you know of any other reason why you should not do physical activity? If yes, please explain

If you answered **Yes** to any of these PAR-Q questions, the DAC may require a physician’s release before taking a fitness assessment or initiating any physical activity. Consulting with your physician may determine certain exercise restrictions or recommendation as you begin your program. In most cases, you will still be able to do most activities as you adhere to your physicians’ guidelines.

If you answered **No** to all these PAR-Q questions, you can be reasonably sure that you can exercise safely with a low risk of any medical complications. It is still important to start slowly and increase gradually. It will be very helpful to speak with one of our Fitness Specialists to initiate your exercising programming.

Print Name _____

Date ____/____/____

Signature _____

Email _____ Phone _____



MEMBER CODE OF CONDUCT

The Downtown Athletic Club has a Zero Tolerance Policy regarding the conduct of our members and participants, this policy applies to everyone.

The Downtown Athletic Club is a family friendly organization and we expect persons using The Downtown Athletic Club facilities to act maturely, to behave responsibly, and to respect the rights and dignity of others. Our Member's Code of Conduct outlines prohibited actions, but the actions listed below are not an all-inclusive list of behaviors considered inappropriate in our facilities or programs.

- Members are to treat fellow members, volunteers, and staff with courtesy and respect.
- The health, safety and privacy of members are top concern for The Downtown Athletic Club and shall not be compromised at any time.
- Members are all responsible for conducting themselves in a way that will not compromise the safety or enjoyment of other members.
- The Code is not meant to be exhaustive, and all members are expected to behave in a manner that aligns with the spirit of the Code.
- Using or possessing alcohol or illegal drugs on The Downtown Athletic Club property, in vehicles, or at The Downtown Athletic Club-sponsored programs.
- Smoking of any kind of substance on The Downtown Athletic Club property- The Downtown Athletic Club and its property are smoke-free environments.
- Carrying or concealing a weapon or any device or object that may be used as a weapon.
- Harassment or intimidation by words, gestures, body language, or any type of menacing behavior.
- Physical contact with another person in an angry, aggressive or threatening way.
- Verbally abusive behavior, including angry or vulgar language, swearing, name-calling, or shouting.
- Sexually explicit conversation or behavior; any sexual contact with another person.

- Attire deemed inappropriate at the discretion of The Downtown Athletic Club Staff Members will be asked to change immediately.
- Theft or behavior that results in the destruction or loss of property.
- Loitering within or on the grounds of The Downtown Athletic Club.
- Soliciting within or on the grounds of The Downtown Athletic Club without prior permission.
- Use care and discretion when taking photos and or videos. Taking or Posting pictures of employees or other members is prohibited without such person's consent.
- Use of recording devices, as well as photo or video devices is strictly prohibited in changing areas, bathrooms, or locker rooms. Videoing or taking photos that interfere with the operation of facilities or use of equipment by members is prohibited.

The protection of members and guests who are participating in programs and/or using The Downtown Athletic Club facilities is of paramount concern to the staff of The Downtown Athletic Club. Therefore, we reserve the right to deny access or membership to any person for any reason.

Members and guests are encouraged to take responsibility for their personal comfort and safety by asking any person whose behavior threatens their comfort to refrain from such behavior. Members should report all inappropriate behavior to The Downtown Athletic Club staff immediately.

The Downtown Athletic Club staff members are eager to be of assistance, Members and guests should not hesitate to notify a staff member if assistance is needed. In order to be able to carry out these policies, we ask that members and guests identify themselves to staff when asked.

The General Manager will investigate all reported incidents. Suspension or termination of The Downtown Athletic Club membership privileges may result from a determination by the General Manager if in his/her discretion is a violation of The Downtown Athletic Club Code of Conduct has occurred.



**Downtown Athletic Club
Member Code of Conduct
Acknowledgment of Receipt & Understanding**

I hereby certify that I have received a copy of the Member Code of Conduct, and that I have read and fully understand the contents of this Member Code of Conduct. I agree to abide by the policies set forth in this Member Code of Conduct, and I understand that compliance with the DAC's rules and regulations is necessary for membership. My signature below certifies my knowledge, acceptance and adherence to the DAC's policies, rules, and regulations.

I acknowledge that the DAC reserves the right to modify or amend its policies at any time, without prior notice, and I understand and agree that my compliance with these policies is a requirement of membership.

**READ CAREFULLY BEFORE SIGNING
BY MY SIGNATURE, I STATE AND AFFIRM THAT I HAVE READ THE
FOREGOING AND THAT I UNDERSTAND ITS CONTENTS.**

Member Signature

Date

Printed Name