

Terms and Conditions of mountain rehab Gym membership

We want you to enjoy fitness at the mountain rehab gym so before you sign our agreement please take time to read these terms and conditions, as they affect your rights and obligations. Only sign the agreement if you understand and agree to the terms and conditions.

What does my membership include? Your membership includes unrestricted use of all the weights and CV equipment within the Gym space during the opening hours.

Opening Hours: 7am until 8pm (9pm from 1st December to 30th April) week days and 8am until 6pm at weekends.

Mountain rehab reserves the right to change opening hours in accordance with the requirements of the facility. Storage, shower, sauna, toilet and changing facilities are available to members.

The gym will be open for unrestricted use during the opening hours but mountain rehab reserve the right to introduce an online booking system if it is deemed necessary.

What do I need to bring to the Gym?

For the comfort, hygiene and safety of yourself and others in the Gym, it is compulsory to bring and use a workout towel on all equipment. A water fountain is available so it is advisable to bring a water bottle. Wear appropriate clothing and suitable, enclosed footwear clear of mud/grass and snow. You are required to present your entry/membership card to gain access to the Gym. Any lost or stolen cards must be reported to us immediately and replaced (20€ fee). Mountain rehab takes no responsibility for loss or damage to your property.

Membership Conditions

Suspension of a membership is not available and memberships within their contracted period cannot be cancelled, however, exceptional cases can be discussed on an individual basis.

What risks should I be aware of?

It is important to be aware that sport inevitably involves exertion of the body and injuries are frequent. Mountain rehab takes every effort to ensure satisfactory maintenance and safety of the equipment in use, at all times. We will provide you with an introduction in how to use the equipment and will endeavour to ensure any exercise routines are safe and beneficial but it is emphasised that injuries are possible and that each member is responsible for their own safety in training. When working with free weights and bars, it is compulsory that you are working out with a partner. It is a condition of membership that you acknowledge and agree that:

- you are medically sound to undertake a normal course of exercise
- You are solely responsible for your physical and emotional wellbeing while in the Gym
- You release mountain rehab, its employees and agents from any injury or death caused to you or loss or damage caused to your property.
- You agree not to bring any claim against mountain rehab, its employees or agents in the event that you sustain any personal injury or suffer any property damage or loss.

Your safety

New members are recommended to consult their Dr prior to use of the Gym. Please notify a member of staff if you feel dizziness, faintness, chest pain, breathing difficulties. If in any doubt, please STOP. It is recommended that you have 3rd party liability insurance.

What is the pricing policy?

Mountain rehab does not wish to increase its fees unnecessarily. Membership fees are reviewed annually and may be increased but the fee that that you have agreed to is valid for the fixed term of your contract and will not change during that period.

What are my obligations?

We want everyone to enjoy the Gym facilities and we expect all our members to respect each other's privacy. Return all equipment to its place of storage including returning weights to the weights rack etc. For hygiene purposes please use your towel to wipe your perspiration from equipment you use. Strong body odour is not acceptable, deodorant/antiperspirant must be used prior to working out. Please do not monopolize equipment. In some cases a sign up list may be used on popular pieces of equipment.

Mountain rehab must be informed of any changes in personal information ie- address, telephone number, email etc. We do not accept responsibility for non-delivery of any advices, written notifications, or other correspondence in the event that you neglect to advise us of these changes.

Large items of personal belonging should be kept in the storage area, more valuable items should be taken in to the gym and kept close to you. Please do not take phone calls in the Gym area although it is advisable to have your mobile phone to hand in case of an emergency. No food or beverages can be taken in to the Gym area, only Sports drinks or water in sealed drinks bottles. A water fountain is available for refilling bottles in the Gym.

No Smoking is permitted on the premises. Animals are not permitted on the premises, except guide dogs. Children under the age of 18 are not permitted to use the Gym without express permission of the directors and written parental consent.

Parking

We have been in contact with Municipal Police and have been told that in France if there are no parking spaces painted or designated on the road then you are not allowed to park. They have said that we should not be parking on Taille de mas de Nant Crue and that you could be liable for a parking fine if you do. They have also said that this more likely to happen during the winter. With this in mind we would like to ask all users of the Aiglon to please **only** park in one of the 4 marked spaces on the front of the building or on the main road (Route de la Plagne). Bicycles can be stored in the garage, while you are using the Gym. Please provide your own locks.

Damage unlawful or accidental You are responsible for any damage and agree to pay for any loss or damage to the Gym, its property, fixtures, fittings, premises and/or services through a will full, wrongful or neglecting act.

CCTV The premises has CCTV cameras recording (not in bathroom). Video recording for any specific incident may be released to Police services.

Door Access

It is strictly prohibited for anyone to permit entry or exit to any other person at any time on any occasion, for any reason whatsoever. Doing so will cancel your membership agreement and no refund of fees will be made. You must not let anyone else use your access card. If it is stolen or lost, let the club know immediately and get a replacement

I confirm that I have received, read, understood and agree to the terms and conditions and have been given a basic induction on the safe use of equipment

Member signature

Date