

# **CROSSFIT KING MEMBERSHIP**

## **SUMMARY OF TERMS AND CONDITIONS**

### **Membership Types:**

#### **Standard CrossFit membership \$180/month.**

Payments can be made weekly, fortnightly or monthly and must be paid in advance.

#### **CrossFit Plus membership**

CrossFit Plus membership is an additional \$25/month on top of your standard membership payment and can also be paid weekly, fortnightly or monthly.

#### **Discounted Memberships**

This discount applies ONLY to those personnel directly involved in emergency response situations at the site of the emergency (firefighters, paramedics, police). It is offered as an incentive for those personnel to develop and maintain a level of fitness that reflects the possible physical demands of the response. These personnel, at times, put their lives at risk for the community and potentially save lives in the course of undertaking their duties. Their physical preparation can play an integral part in this process.

#### **Introductory sessions**

To enable a safe and effective introduction to CrossFit it is essential that all newcomers undergo the introductory process. This includes up to three personal training sessions to teach the fundamental movement patterns and core elements of our strength and conditioning program. Where necessary, a Physiotherapy assessment may be recommended prior to these sessions to address issues that limit normal functional movement.

#### **Suspensions:**

Advanced notice is required for ALL suspensions. At least one week allows enough time to process this request through the software system. If adequate notice is not provided the payment will be credited to your account and can be used at a later date for any service provided by the gym (including merchandise).

Minimum of one week is required in order to request a termination.

There is no limit to how long we can suspend your membership, however, we may automatically terminate a membership that is suspended longer than 6 months and any return to CrossFit King after this period will be charged at the rate consistent with the current membership prices.

Suspensions and terminations must be made in writing to [admin@crossfitking.com](mailto:admin@crossfitking.com)

#### **Contracts:**

Our Ezidebit or automated membership fees are charged in advance on either a one week, fortnightly or monthly basis, depending on which option you nominated. There is no contract longer than this and you can terminate your membership at any time. A minimum of one week's notice on suspension is required in order to process the request in time before the next payment is due. Inadequate notification may lead to your membership being processed without refund. However, we are happy to leave the monies as a credit on your account for future use or towards merchandise or other services provided by us.

10 packs have a 12 month expiry.

### **Medical Information**

It is a requirement that you divulge any relevant medical information about yourself to our staff in person and on your waiver form. It is imperative to your safety and health.

It is a requirement that you keep your medical and personal information up to date with us should your circumstances change.

### **Kids**

Unfortunately at this time our gym does not provide a child care facility and consequently we do not encourage bringing kids along while you are training. If, in the event you need to bring a child you must clear this with the coaches, keep the child safe in the area allocated by the coach and ensure your child does not play on our equipment or walk into the gym area while a class is underway. This is for the safety of your child.

Please do not allow your children to play in our carpark area during class times. This is a busy carpark and it is not supervised.

If your child participates in our kids or teens classes please read the relevant terms and conditions related to this on the CrossFit Kids/Teens pages.

### **Images and Videos**

CrossFit King reserves the right to take images or videos of participants in classes unless otherwise directed by you. If you do not wish to have your photograph or video taken please let us know on your waiver and at the time that any footage may be being taken.

Taking video of other members or of our kids/teens classes is not permitted without our prior approval or the consent of the individuals in the media.

### **Hygiene**

Please wipe down equipment with disinfectant after use when you have left your sweat and or other bodily stains on them.

Please cover any open wounds prior to training.

Please wear hand guards to protect your skin for bar work or to cover any blisters.

Please wear protective shin gear for box jumps and rope climbs.

Should you happen to have an incident while training you **MUST** report this immediately to our staff and appropriate measures need to be taken to document the incident and clean any relevant equipment or areas.

Do not bring sharp objects into the gym area.

### **Personal belongings**

CrossFit King does not take responsibility for any personal belongings brought in to or left in the gym area. We will however, place any objects in our lost property basket and any valuable items will be kept behind our desk for safe keeping.

I-phones and other devices are not to be brought on to the gym except at the owners risk.

### **Sharing equipment and space**

Be respectful and mindful of others at all times. Our equipment and space is shared by all members and it is our expectation that you will hold the CrossFit ideology of community close to heart.