

# General Spectrum Club Guidelines

Please have the Spectrum APP on your phone for use in scanning your barcode upon entering the club. Spectrum requires a photo to be taken for help in member verification.

**Check-in is mandatory and is for the safety and security of our members.**

## General Club Policies

Please pay attention to, and adhere to, any and all posted signage present in the facility.

Spectrum reserves the right amend/modify/add-to the Club Guidelines at any time.

No solicitation by members or guests is permitted in the facility without prior written approval of the management. This includes, but is not limited to, private training of other members.

No photos or videos are to be taken or around the club without direct management approval.

No smoking, drinking of alcohol, or other illicit behavior.

## Guest Policy

All guests MUST provide a current, valid, picture ID, and sign the Spectrum Guest Waiver to be admitted.

Fees are as follows:

Guest admitted with a current member (member must be in attendance): \$10 per visit

Guest admitted without a current member: \$15 per visit

1 week Guest Pass (7 consecutive days): \$35

1 month Guest Pass (consecutive days): \$75

Child Care and Tanning services are not included but may be accessed for an additional fee.

## Proper Clothing and Hygiene

Appropriate and clean work-out clothes and shoes only. No street shoes, boots or sandals are allowed in the workout areas.

No belt buckles, blue jeans or loose jewelry items may be worn in the workout areas.

Shorts, sweatpants, t-shirts, spandex accessories and other work-out wear are acceptable.

Tank tops must still cover the chest area, and no bare midriff clothing is acceptable.

Please avoid the use of heavy perfume or cologne.

Management or staff will address unsatisfactory dress and hygiene and corrective action will be required.

## Equipment and Cardiovascular Area

Allow others to work in during your rest periods.

No smart phone, or other device, use while sitting on equipment.

Keep your hands and feet away from all moving parts and weight stacks.

Report any equipment problems immediately to the staff.

Do not attempt to repair or adjust any equipment that has malfunctioned.

Please wipe off equipment immediately after use.

Spray bottle and paper towels are available throughout the clubs.

If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.

## Weight Room Area

Rack all weights after each use.

If dumbbells appear loose or cracked, report them to the staff immediately.

Always use a spotter when attempting heavy and maximum weight.

Always use collars and clips for "free bar" lifting.

Dropping of dumbbells, bars, or weight stacks is strictly prohibited.

Loud grunting and cursing is strictly prohibited.

## **Food and Drink**

Water bottles and spill-proof lid containers are allowed in all areas of the club.

Glass containers are not allowed.

Please consume all food, shakes and supplemental drinks at the juice bar.

Eating is not allowed in the exercise areas of the club.

## **Age Restrictions**

Children below 12 must be in the child care area and are not allowed on the gym floor, cardio area, or exercise studios at any time.

Children ages 12-15 may be on the gym-floor but ONLY with DIRECT parental supervision (meaning parent is in close physical proximity at all times).

Children 16 and older may use the club amenities provided they have received instruction regarding use of equipment and they conduct themselves according to all the guidelines listed herein.

## **Child Care Guidelines**

Child Care specific procedures and hours may vary by location and day (i.e. holidays) so please check with your Spectrum location to verify current procedures and hours. The Spectrum website, APP, and front desk staff can also assist.

*Spectrum takes great pride in offering low cost, yet safe and friendly Child Care services for our members. Your children's safety and wellbeing are our TOP PRIORITY.*

*All child care workers must undergo a criminal background check (and pass) prior to being hired. ONLY children who are specified on the membership agreement are allowed in Child Care (name, picture, DOB).*

Check-In is required for ALL Child Care service. See the specific club's rules for this check-in procedure.

Infants must have proof of 1<sup>st</sup> shot (6 weeks old).

Child Care workers can change wet diapers if parent provides diapers and wipes for their child.

You will be notified if your child needs to be changed if we are not provided with diapers.

All items brought in must be labeled with the child's name.

Parent & child are solely responsible for all items brought into the Child Care area.

You may bring your own toys with the exception of balls or anything deemed a nuisance by a Child Care staff. We are not responsible for items being broken, misplaced, forgotten, etc.

The ONLY food allowed inside the Child Care area is fruit, crackers or dry cereal. Any other type of food or snack must be eaten before or after the child uses the Child Care facility. All food must be eaten at the picnic table.

Infants must be fed BEFORE entering. The Child Care staff may not be available to feed infants when multiple children are present.

As a general rule, the Child Care maximum time limit is 2 hours. However, specific club locations may adjust this time if/when needed to maintain flow.

Parent(s) MUST remain at the club facility the entire time the child is in Child Care.

In times of very heavy use, additional restrictions may be applied to Child Care in order to maintain the quality of service and well-being of the children.

Feverish and/or sick children CANNOT be admitted to Child Care. The Spectrum Child Care staff has the absolute right to turn-away any child at their discretion.

If a child is home from school because of illness, they CANNOT be brought to Child Care at Spectrum.

10 minute cry time – if your child cannot be soothed after 10 minutes, you will be notified. It could take a few attempts to let a child adapt to the new environment.

For the safety & protection of all children there is a '3 strikes' policy for children who bite, hit, or hurt other children in any way. Upon a 1<sup>st</sup> incident, there will be a notification/warning. A 2<sup>nd</sup> incident will require that the child not be brought to Child Care for one full month. After a 3<sup>rd</sup> incident, the child will no longer be able to attend Child Care.

At periodic times, Child Care rules may be amended to maintain the safety and security of the children. Changes, if needed, will be announced.

#### **Violation of Spectrum Club Guideline/Rules**

Members or guests who violate any of these policies, or any other posted rules, will be asked to stop or to leave the premises.

Spectrum reserves the right to terminate the violator's membership at any time, with or without warning.

#### **Annual Membership Fee**

Spectrum members are charged a \$39 annual membership fee which is first posted 180 days from enrollment, and then annually on that date thereafter. This fee goes toward maintaining membership services, such as software upgrades, agreement changes, system maintenance, as well as equipment service and improvement. This is a very important factor in Spectrum attempting to maintain membership rates at as low as possible.