



# COVID-19 Declaration Form

In accordance with Merritt Clubs COVID-19 Action Plan all members must confirm and update their contact information, ensure a picture is on file, and sign the below waiver and acknowledgment of Merritt Clubs policies.

<b>Member Name</b>	<b>Phone Number</b> Mobile  Home
<b>E-mail address</b> (Best one to reach you)	<b>Address</b>
<b>Card on file</b> Yes or No	<b>Confirm or take picture in ABC</b> (All should be yes) Yes or No

1	<b>Have you, or has anyone in your family, been in contact with a person who has tested positive for COVID-19 within the last 7 days?</b> Yes or No
2	<b>**A question for physicians, nurses and other healthcare workers possibly working with COVID 19 patients: Did you have contact with a COVID 19 patient without protective equipment on?</b> Yes or No
3	<b>Have you, or has anyone in your family, been in contact with a person who is in the process of being tested for COVID-19 within the last 7 days?</b> Yes or No
4	<b>Have you had (in the past 24 hours) a fever of 100.4 or higher, sore throat, body aches, trouble breathing, cough, or other flu like symptoms?</b> Yes or No

If the answer is "yes" to any of the questions, you will not be permitted to return to Merritt Clubs until you can answer no to each of the questions above.

Signature \_\_\_\_\_

Date \_\_\_\_\_

# Waiver & Release Form

Because physical exercise can be strenuous and subject to risk of injury, including serious injury or death, the Club urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You (each member, guest, or participant) agree that if you engage in any physical exercise or activity, or use any club amenity on the premises or off premises, including any sponsored club event, you do so **entirely at your own risk**. Likewise, dietary modifications can cause a variety of changes and can create problems, including as it relates to your energy, stamina, appetite, and mood. Any recommendation for changes in diet, including the use of food supplements, weight reduction, and/or body building enhancement products, are entirely your responsibility and you should consult a physician prior to undergoing any dietary or food supplement changes. You agree that you are voluntarily participating in these activities and use of these facilities and **assume all risk** of injury, illness, or death. We are not responsible for any loss, damage, or disappearance of your personal property.

This waiver and release of liability includes, without limitation, all injuries which may occur, **regardless of negligence**, as a result of: (a) your use of amenities or equipment in the facility and your participation in any activity, class, program, personal training, or instruction; (b) the sudden and unforeseen malfunctioning of any equipment; (c) our instruction, training, supervision, or dietary recommendations; (d) any on-line or virtual training; or (e) your slipping and/or falling while in the club, or on the club premises, including adjacent sidewalks and parking areas. **This waiver also includes any negligence associated with the presence of or transmission of any bacteria, viruses, or infectious diseases.**

This waiver and release evidences your agreement to abide by the rules and regulations established from time to time by the Club (the "Club Rules"). The Club Rules will be available to you by delivery in writing, posting on the Club's website and other social media vehicles, and / or posting in the Clubs. The Club Rules are for the safety and comfort of all members and guests. If you fail to abide by the Club Rules, you may be asked to leave the Club and, if warranted in the discretion of Club management, your membership may be suspended or terminated.

By signing below, you acknowledge that you have carefully read this "waiver and release" and fully understand that it is a **Release of Liability**. You expressly agree to release and discharge the club, and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action and you agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the Club for negligence, personal injury, or property damage. You also agree that this waiver and release applies to any of your guests or family members.

You further agree that if a court of law finds any part of this agreement to be against public policy or in violation of any state statute or legal precedent, then **only** that portion of the document may be deleted and the remainder of this waiver and release will remain in full force.

Additionally, you understand that the Club occasionally photographs/videotapes client events/sessions and you consent and hereby give your approval for the Club to use these images or video in any and all media for promotional purposes with no financial or other remuneration due to you.

Signature \_\_\_\_\_

Printed Name \_\_\_\_\_

Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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# Club Policies and Membership Guidelines

Merritt Athletic Clubs adopts rules for the use of the Club facilities for the health, safety, and comfort of all members and guests. Below are the Club Rules currently in effect. These rules may change from time to time as warranted. If you have questions about any of these, please see a staff member.

## Physical Health and Safety

Do not engage in any activity, program, activity or training unless you are physically able to do so. Merritt Athletic Clubs recommends that you see a physician before beginning any new exercise program to be sure you are able to safely do so. You are responsible for your physical safety and all activities at the club are solely at your own risk.

## COVID-19 Regulations

By checking into the club, you agree to the following:

1. You have not had any of the following symptoms in the past 48 hours:
  - Fever, cough, shortness of breath, chills, headache, sore throat, loss of taste or smell, repeated shaking with chills, or any other COVID-19 symptoms listed on the CDC website
2. To thoroughly wipe down equipment before and after use.
3. To wash or sanitize your hands upon entering and exiting the club.
4. To adhere to physical distancing regulations and remain at least 6 feet from another person.
5. Masks may be required in areas of the Clubs from time to time. Signage will be posted in the areas where masks are required. These rules may change in accordance with recommendations from Public Health officers.

**Personal Property.** You are solely responsible for your personal property and belongings. The Clubs are not responsible for any lost or stolen property.

## Proper Clothing and Hygiene

- Appropriate athletic shoes only. No street shoes, boots, sandals, or open-toed shoes are allowed in the fitness areas.
- Shorts, sweat pants, tee shirts, tank tops, and spandex accessories may be worn if deemed appropriate by club management.
- Clean workout clothing is required. Management will address unsatisfactory hygiene conditions and corrective action may be required.
- All other clothing and shoes must be kept in lockers. Please keep all valuables at home. We are not responsible for any lost or stolen items.
- Please avoid the use of heavy perfume or cologne.
- No belt buckles, blue jeans, or loose jewelry may be worn in the workout area.

## Equipment and Cardiovascular Areas

- Please be courteous at all times.
- Please follow proper social distancing guidelines
- Allow others to work in during your rest periods. Do not sit on equipment or use cell phones while others are waiting.
- Keep hands and feet away from all moving parts and weight stacks.
- Do not attempt to repair or adjust any equipment that has malfunctioned. Report to these problems to the Welcome Desk or fitness staff.
- Report any equipment problem immediately to the staff.
- No bags will be allowed on gym floors during any times

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# Club Policies and Membership Guidelines

## Equipment and Cardiovascular Areas Continued

- Please do not drop or bang weights during use.
- Use gym wipes to wipe off equipment and benches before and after each use.
- If you are unfamiliar with the use of any equipment, please ask a staff member for assistance.
- Children under the age of 14 are not allowed in any of the weight or cardiovascular areas until they have completed the Junior Fitness certification.
- Please be respectful of our clubs and your fellow members and guests.

## Weight room areas

- Again, be courteous at all times. Allow others to work in during rest periods. Do not rest on equipment or use cell phones during use.
- Rack and clean all weights after each use.
- No bags are allowed on the weight room floors.
- If dumbbells appear loose or cracked, report the item to the staff immediately.
- Always use a spotter when attempting maximum weight.
- Collars and clips must be used for free bar lifting.
- Wipe down equipment before and after each use with wipes provided in club.
- Please do not drop weights. (If you are able to properly lift them, you are able to properly put them down.)

## Food and drink in the club

- Water bottles with spill-proof lids are allowed in all areas of the club.
- Please consume all food items, shakes, and supplements at the juice bar.
- No outside food or beverages are allowed in clubs or pools at any time. Doing so may result in suspension and/or termination of membership.

## Pool areas

- Please shower before entering the pool, especially after other athletic activity.
- Swim diapers are permitted in the rec pool only. (Towson and Eldersburg clubs only)
- Appropriate swim wear must be worn in the pool.
- Please circle-swim when other members are present in lanes.

**Merritt is not responsible for lost or stolen items.**

## Nondiscrimination

Merritt Clubs are nondiscriminatory facilities. There will be no discrimination in the use of the facilities or participation in the Clubs' programs or activities on the basis of race, creed, color, national origin, marital status, sexual orientation, gender identity, or disability. Merritt Clubs will not tolerate behavior by members or guests in violation of this policy.

**Merritt reserves right to change or modify these rules as deemed necessary. Please check website for most current documents.**

Email [customercare@merrittclubs.com](mailto:customercare@merrittclubs.com) for questions or more information.

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