

**BLADIUM**<sup>®</sup>  
SPORTS & FITNESS CLUB

**CLUB POLICIES**

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# **CLUB POLICIES**

These CLUB POLICIES (“Policies”) intend to provide the maximum use and enjoyment of the facilities and equipment of Bladium Club by its members and their guests. We believe these Policies constitute the best current solutions to the many complex issues and concerns associated with a club operation as large and active as ours. The obligation to enforce these Policies lies primarily in the hands of the Bladium Club Management whose principal responsibility is to assure members of all the courtesies, comforts and services that we provide. It is also the duty of the members to know the Policies and to cooperate with Bladium management in their enforcement. Bladium Club shall have the unqualified right to make such Policies, as it deems necessary or appropriate in its sole discretion. The Policies may be revised, amended, supplemented, modified or repealed by Bladium management at any time, and without prior notice. Any revised, amended, supplemented, or modified Policies shall become effective and enforceable immediately upon the posting of same on Bladium Sports and Fitness website and at the Clubs. Bladium Sports and Fitness Club reserves the right at any time to suspend the privileges or cancel the membership of any individual for failure to comply with any Policies or policies of Bladium Club, or for any conduct Bladium Club deems to be improper or harmful to the best interests of Bladium , its staff and its members.

## **MEMBERSHIP**

### **MEMBERSHIP CONTRACT**

Each member must have an active membership contract with Bladium Club or be listed as an additional member on a contract.

### **RELEASE OF LIABILITY AND ASSUMPTION OF RISK**

All adult persons 18 years of age and older seeking access to Bladium Club facilities as a member or guest are required to sign a Release of Liability waiver to use the club.

## **CLUB ACCESS**

Many levels of club access exist to allow members to choose the price and access level right for them. You are entitled to access and use the clubs available at the specific club level indicated on your membership contract when you joined.

## **DUES**

The obligation to pay dues is the responsibility of the primary member on the agreement. Dues come out on the 15<sup>th</sup> of the month. The obligation to pay dues is not dependent on the availability of all the Club's facilities or the member's frequency of use. Tournaments, repairs, maintenance of some facilities, and/or other occurrences may make it necessary for the Club to restrict the use of one or more facilities or to close the Club temporarily. The Club will not reduce or suspend dues during the time when facilities are not available.

## **CHANGE OF CONTACT INFORMATION**

Members must notify the Club in writing (800 West Tower Avenue, Alameda, CA 94501) or via email (at [alamedasales@bladium.com](mailto:alamedasales@bladium.com)) of any change of contact information. Members who fail to do so shall be deemed to have received any communications sent by us and properly addressed to the address we have on file for the member at the time of sending, and such member shall be deemed to have waived any claim that the notice was not properly given.

## **MEMBERSHIP KEY TAG ACCESS CARDS**

Each member 13 years of age and over must show his/her own membership key tag access card and have a picture taken to enter the facility. Members shall not permit the use of his/her card by anyone else, or assist any third person, non-member to use the club without authorization by club as a guest user. Violation of the foregoing may subject member and/or account holder to a fee and/or cancellation of membership. If a member's membership key tag access card is lost or stolen, there is a fee to replace lost or stolen membership key tag access cards.

## **ANNUAL FEE**

The Annual Fee of \$30 will be charged on March 1<sup>st</sup> and is aggregated and used by Bladium Club in its sole discretion for maintenance and capital improvements at all or any of its clubs. This fee excludes paid in full memberships.

## **HOLD STATUS CHARGE**

Certain membership types may qualify for a membership hold. Refer to your contract for details. A membership hold fee of \$10 per month will be charged. A member can place their agreement on hold for a maximum of 6 months and will extend the annual contract. No other membership fees and charges will be billed or collected during the hold period, except the Annual Fee if it becomes due during the hold period. Members may not use club while on a hold.

## **CANCELLATION**

Your membership contract outlines your cancellation rights. Please refer to it for specific details. In most cases, Month-to-Month Memberships can be cancelled at any time, with notice by the last day of the previous month. Annual Agreements can only be cancelled with proof of move over 25 miles of the facility and a fee will be assessed dependent on where you are in your agreement.

## **PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)**

Bladium Club strongly recommends that all members and guests have a complete physical examination prior to using its facilities.

## **GUESTS**

Members in good standing shall be entitled to invite guests to the Club in accordance with the provisions of this section. Bladium Club may restrict the number of guests a member brings, how many times a guest may use the facilities in a given period of time, as well as the times during which a member may bring them to the Club. A 3-day guest pass may only be issued for a guest once every 12-months. Guest passes are issued for three consecutive days (not three visits). Members who bring guests must accompany their guests at all times, and are expected to familiarize their guests with the Club policies. Members shall be responsible for the conduct of their guests. If the manner or

appearance of any guest is deemed by Bladium Club management to be unsatisfactory, the sponsoring member shall, at the request of Bladium Club management, require such guest(s) to leave the Club immediately. The Club may at any time, and from time to time, suspend or terminate the guest privileges of any member. Guests are subject to the applicable guest fee. Guests Must: Register at the Welcome Desk upon arrival at the Club. Show proof of identification. Pay the prevailing guest fee or present a pass. If on a Guest Pass, the guest's children will have free access to childcare. Complete a Guest Waiver of Liability. Speak with a Fitness Advisor to have a guest pass authorized or pay the guest fee.

### **CHILDREN (6 MONTHS TO 12 YEARS OLD)**

Children under 13 years of age are not allowed in any fitness areas (e.g., cardio room, weight room, field space) and must be under constant adult supervision in all other areas.

Bladium Sports and Fitness Club is not a licensed childcare facility and is exempt from licensing pursuant to Health & Safety Code section 1596.792. Bladium Club only provides babysitting and Kid Zone facilities in accordance with the following restrictions:

1. A parent or legal guardian must be on the premises at all times for children to attend the babysitting and Kid Zone facilities.
2. Children must be on a membership (along with a current photo) and may only be checked in or out by their parent or legal guardian on the same membership. Members may not bring cousins, friends or children they are babysitting even if the child is on another membership.
3. There is a two-hour maximum for any child per day
4. Age limits: (where applicable)
  - Infants/Little Members: 3 months-3 years old
  - Kids Club: 3 years old-12 years old (Must be potty trained)
5. Snacks that contain nuts are not permitted. Drinks are permissible but must be in labeled spill proof bottles or drink cups with the child's name.
6. Attendants are not obligated or required to assist in diapering, toileting, dressing, grooming, bathing, or other personal hygiene.
7. Attendants do not assist with taking medications. We do not store and/or distribute medications
8. Attendants do not monitor food intake or special diets.

9. A child with cold or flu symptoms (e.g. runny nose, fever, eye or skin irritations, vomiting or diarrhea, etc.) will not be admitted. Attendants reserve the right to turn away children that appear to be sick.
10. If disciplinary action is necessary, a time out will be given as a temporary measure. If a child continues to present a problem, parents will be paged and asked to remove their child from the Kid Club.
11. If a child cries for more than 10 minutes, the parent must remove the child.
12. Parents should be patient the first few visits and should not leave their child for the maximum time allowed.
13. Wet clothes or swimsuits are not permitted.
14. Bladium Club reserves the right to refuse the care of any child for the safety of the child and/or other children.
15. If an attendant feels that child safety is at risk because of overcrowding, we reserve the right not to admit any more children.

It may be necessary for a minor child to be accompanied by a Personal Aide "Attendant" due to medical and/or special needs reasons. a) Parent(s) making the request and the child should be on an active membership. b) Release waiver must be signed by parent(s) and the "Aide/Attendant".

Please see <https://www.bladiumalameda.com/fitness/child-care/> for regular hours and child care closure holidays.

### **CHILDREN (JUNIORS: 13 TO 15 YEARS OF AGE)**

Juniors may use Club facilities with adult supervision providing they follow all rules and regulations of the Club.

### **GUARDIAN**

Legal Guardian - A legal guardian may be required to provide Bladium Club with documentation showing status of guardianship. Grandparent - Members may allow the Grandparent(s) to bring their children in to the club. The parent(s) must have the children on the membership and the grandparent(s) must have a current/active memberships.

# **CODE OF CONDUCT**

## **CONDUCT**

Bladium Club Management reserves the right to suspend or terminate the privileges of members who do not conform to Bladium Club Policies. Bladium Club adopts a zero tolerance policy regarding inappropriate conduct. Such conduct may include (but is not limited to) loud, boisterous or obscene language and/or gestures, offensive language, profanity, abusive language, lewd conduct, harassment, attempts to reprimand Club employees, or conduct that would be deemed bothersome by Bladium Club management, as well as any conduct that may endanger the best interests of the Club, its employees, members or guests. Members are also responsible for the conduct of their children and guests.

## **DAMAGES**

Any damage to Bladium Club property by any member, his/her guest or children shall be paid for by the member.

## **DRESS CODE**

In workout areas, shirts must cover the back and chest; shorts/pants must cover the entire bottom; close-toed shoes are required at all times. Bare feet are permitted in the wet areas, locker rooms and exercise studios only. Stocking feet, sandals, hard-soled dress shoes and jeans are not permitted. The Club will disallow the use of the Club to any person not in compliance.

## **OBSTRUCTING EMPLOYEES**

It is unbecoming, and shall be grounds for disciplinary action, including termination of membership, for members or guests to abuse any of the Club staff, verbally or otherwise. Members shall not instruct any Club staff, nor shall members request any of the staff to leave the Club for any purpose whatsoever. Members are requested to report misbehavior or violations of rules or laws committed by employees, and other members or guests, to the General Manager. Violations will be subject to



disciplinary action as deemed necessary by Bladium Club. Members are not permitted to request special personal services from employees.

## **SMOKING**

Bladium Club is proud to provide a completely non-smoking environment. Smoking is not permitted anywhere on Club property, including parking lots.

## **ANIMALS**

Animals (with the exception of qualified service animals such as seeing-eye and medical dogs, for persons with disabilities,) are not permitted in the Club.

## **SOLICITATION**

Members cannot post or circulate commercial advertisements in or around the Club, nor can they solicit funds.

## **PROHIBITED ITEMS**

Weapons and illegal drugs are not permitted on Club property. Alcoholic beverages are not permitted, except at authorized club-sponsored social events. Use of anabolic steroids is prohibited.

## **MEMBER COMMENTS OR SUGGESTIONS REGARDING FACILITY OR STAFF**

Direct comments concerning operations of the Club, its staff and other matters may be reported to the Club General Manager or to the Customer Service manager

## **PHOTOGRAPHY/VIDEO**

Photography or video of yourself or other members while in the club with mobile phones or other devices are strictly prohibited unless express permission is granted. Photography or video in locker rooms is strictly prohibited at all times. The Club reserves the right to photograph and/or videotape at any time in members' presence for promotional or other purposes. This photography or video may happen without their knowledge or consent. At all times Bladium Club will make every effort to protect members' privacy and comfort.

## **PERSONAL PROPERTY**

Personal property (e.g., gym bags, purses, extra clothing) is not permitted in workout areas. Personal property of members or guests, while in or on the Club's premises or while deposited with the Club shall be at the owner's sole risk. The Club will not be responsible for any loss of personal property left on the premises, including items left in lockers or with an employee of the Club (see Liability section).

## **HOURS OF OPERATION**

Hours of operation:

Monday- Friday 5am -12am

Saturday and Sunday 7am - 10pm.

Holiday hours vary also. Check with individual clubs or consult our website

[www.BladiumAlameda.com](http://www.BladiumAlameda.com)

[www.BladiumDenver.com](http://www.BladiumDenver.com)

## **AMENITIES CARDIOVASCULAR AREA RULES**

Stop exercising if you experience dizziness, pain, or unusual discomfort. Accelerated weight loss clothing is not permitted. Proper workout attire and shoes are required (no jeans, open toe shoes, string tank tops or thongs). No food or drink, except bottled water and performance beverages. No glass containers.

## **CARDIOVASCULAR AREA ETIQUETTE**

Please wipe down equipment after use. Spray disinfectant on towel only; do not spray directly on equipment. Please refrain from wearing strong perfumes/colognes.

## **PARKING**

Members are encouraged not to leave visible items in their automobiles. The Club is not responsible or liable for articles damaged, lost or stolen in or about the Club, or for loss and/or damage to any property including, but not limited to, automobiles and/or the contents thereof.

## **GYMNASIUM (WHERE APPLICABLE)**

Proper workout attire required (no jeans, open toe shoes, string tank tops or thongs); non-marking athletic shoes are required. No food or drink, except bottled water and energy drinks. No glass containers. Loud or offensive language is prohibited. The use of radios or speakers of any kind (including cell phone or mobile device speakers) is prohibited.

## **RENTAL LOCKERS (WHERE APPLICABLE)**

Rental lockers are available for rent in the club. The lockers are the property of the Club, and the Club reserves the right to clean and/or inspect lockers without notice. Members are not permitted to store food, liquor, weapons, drugs or flammable materials in lockers.

## **SAUNAS**

Must be at least 16 years of age. Exercise and accelerated weight loss clothing are not permitted. Due to high temperatures (175-185 degrees F.) saunas can be dangerous to peoples' health. Members must limit themselves to 10 minutes before using another area with at least 10 minutes in a cooler environment in between. Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat. Shower before entering. No food or drink, except bottled water and energy drinks. No glass containers. Towels and bathing suits are required. Men must wear shorts or swim trunks. Women must wear shorts, workout top, or a swimsuit; no street clothes. No gym shoes, sneakers or street shoes allowed. No drying of personal items.

## **STEAM ROOMS**

Must be at least 16 years of age. Exercise and accelerated weight loss clothing are not permitted. Due to high temperatures (105-110 degrees F.) steam rooms can be dangerous to people's health. Members must limit themselves to 10 minutes before using another area with at least ten minutes in a cooler environment in between. Consult a physician before using. Those with medical conditions such as high blood pressure, heart disease, diabetes, low blood sugar and respiratory problems, and those who are pregnant, should avoid exposure to high heat. Shower before entering. No food or drink, except bottled water and energy drinks. No glass containers. No shaving, loofahs, lotions or creams

of any kind. No newspapers or magazines. Towels and bathing suits are required. Men must wear shorts or swim trunks. Women must wear shorts and a workout top, or a swimsuit; no street clothes. No gym shoes, sneakers or street shoes allowed.

## **GROUP EXERCISE STUDIO ETIQUETTE**

Please wipe down equipment after use. Please refrain from wearing strong perfume/cologne. Please turn off cell phones. Please return equipment to storage racks. Please refrain from entering the studio before the current class has finished. Please be on time. Entering a class in progress is not recommended. Please be considerate of other members' exercise space. Do not crowd a member who arrived before you.

## **LOCKER ROOMS**

The Club is not responsible for lost, damaged or stolen articles. No camera cell phones may be used while in the locker room. Secure lockers with a padlock. Contents left overnight may be removed. Do not store valuables in lockers. Lockers are solely for temporary clothing storage. Children under 13 years of age are permitted only when accompanied by a parent or legal guardian. Children over four years of age may not use the locker room of the opposite sex.

## **LOST & FOUND**

The Club maintains a Lost & Found area. The Club does not assume responsibility for items turned in to the Lost & Found. Members must identify and claim articles in person.