

## LOCKWOOD FOLLY PROPERTY OWNERS' ASSOCIATION

19 CLUBHOUSE DRIVE SW  
SUPPLY, NORTH CAROLINA 28462

### LOCKWOOD FOLLY FITNESS CENTER USER'S AGREEMENT AND WAIVER FORMS

The Fitness Center is open to all Property Owners and resident family members who are 16 years of age or older or age 14-15 who is accompanied by a parent. No one under the age of 14 is permitted in the fitness center. To use the fitness center, POA members must sign a User's Agreement and a Waiver and Release Form and return to the POA office prior to using the Fitness Center.

#### **Policies:**

1. The Fitness Center is open from 6 AM to 11 PM. Guests, including visiting family members and friends who are at least 16 years of age and who have signed a Waiver and Release Form must be accompanied at all times by the keycard-holding POA member.
2. No one under the age of 14 is allowed in the Fitness Center at any time. Age 14-15 must be accompanied by a parent or guardian. Age 16 and above may use the Fitness Center unaccompanied.
3. The Fitness Center is monitored by security cameras; if you damage any equipment due to negligence you are responsible for any repair or replacements costs. Any unbecoming behavior may lead to suspension of your access privileges.
4. There is no attendant on site; please exercise at your own risk.
5. No alcohol, tobacco, or food items are allowed in the Fitness Center.
6. Proper athletic attire must be worn when using the equipment. Bare feet, flip flops or wet bathing suits are not allowed.
7. A 30-minute rule will apply to equipment if/when other members are waiting.
8. Return all equipment such as free weights to the proper areas when finished with your workout.
9. Please wipe down all equipment after use; do not spray directly on the leather/vinyl as it will become dry and crack.
10. Turn off all equipment, TV and fans when you leave. Lights will automatically turn off if no one is in the room.

*I agree to abide by the above policies regarding access and use of the Fitness Center and accept responsibility for my guests, and for any family members who are under the age of 16.*

**Property Owner's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Property Owner's Signature:** \_\_\_\_\_

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Because physical exercise can be strenuous and subject to risk of serious injury, the Lockwood Folly POA urges you to obtain a physical examination from a doctor before beginning any exercise or training program. You agree that by using the Lockwood Folly POA Fitness Center and/or participating in any physical exercise or training program, you do so entirely at your own risk. This includes, without limitation,

- a. Your use of all amenities and 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.

You agree that you are voluntarily participating in these activities and use of these facilities and premises and assume all risks of injury. You expressly agree to release and discharge Lockwood Folly POA, your personal trainer or instructor from any and all claims or causes of action. This waiver and release of liability includes, without limitation, all injuries to you which may occur, regardless of negligence.

If any portion of this release from liability shall be deemed by a Court of competent jurisdiction to be invalid, then the remainder of this release from liability shall remain in full force and effect and the offending provision or provisions severed here from.

You acknowledge that you have carefully read this waiver and release and fully understand that it is a release of liability. You agree to voluntarily give up any right you may otherwise have to bring legal action against the Lockwood Folly POA and/or your personal trainer or instructor for negligence, or any other personal injury or property damage or loss action.

**Property Owner's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Property Owner's Signature:** \_\_\_\_\_