

### **Fitness Passport – Atmosphere only Access:**

Atmosphere is a member of Fitness Australia and therefore abides by the Fitness Industry Code of Practice.

As stated in Fitness Passport Terms and Conditions, Clauses 3.16 and 3.17, Fitness Passport holders are expected to abide by all General Terms and Conditions of Atmosphere and Atmosphere Signature (ABN 99 622 171 724)

- There will be no refund of monies paid in relation to access to Atmosphere and Atmosphere Signature.
- Atmosphere Signature Access incurs an annual fee\*
- The wellness key is non-refundable and if lost will incur the current replacement cost.
- Atmosphere and Atmosphere Signature reserve the right to amend the access rules for Fitness Passport holders at their discretion with 14 days written notice.
- Fitness Passport holders are bound by our Cancellation Fees in regards to class non-attendance
- Fitness Passport holders are required to give current Banking Details.

\*Fee subject to change annually.

### **Class Bookings and Non- Attendance:**

- If you do not present for your booked class, you will incur a fee equivalent to the casual class rate. This fee will be charged to your nominated account or if an account cannot be accessed the fee will be charged to your client record and an invoice sent via email.
- Cancellation of a booked class requires a 2-hour notice period prior to the class start time. This is to allow members on the waitlist adequate time to attend the class.

### **Lockers:**

We provide lockers for your use while exercising, however these are not security lockers. Please keep your wellness key with you and refrain from bringing valuables into the club. Unfortunately, thefts can occur. We cannot accept responsibility for any loss or damage to your belongings while you are at the club, even if someone breaks into your locker. If you leave belongings in a locker overnight, we may remove them. We donate lost property to charity each month, including unclaimed items from lockers

### **Use of a Towel:**

Atmosphere has a strict 'NO TOWEL, NO TRAINING' policy. All members must have a towel with them whilst training to be placed on benches, seated equipment and club provided mats. Members must have a towel with them when using cardio equipment or attending classes and when using the Sauna (see Sauna Use policy).

If you do not bring a towel you may purchase one from reception otherwise, we reserve the right to refuse entry until you return with a towel to train. This policy is to ensure the health and comfort of all members.

### **Dirty Shoes:**

Please help us keep the facility clean by keeping all the dirt outside. Atmosphere requires all members to wear clean and appropriate footwear into the club. Please ensure your footwear is free of loose matter e.g. dirt, mud, concrete, grass clippings, by wiping off your shoes/work boots before entering or bring an extra pair of clean shoes.

### **Use of the Sauna:**

1. All persons using the sauna do so at their own risk.
2. Hours of operation are 5:00 a.m. to 10:00 p.m.
3. Children under the age of sixteen (16) must be under strict supervision of a parent/guardian when using the sauna
4. Swim or gym wear to be worn at all times while using the sauna.
5. Users must supply and sit on their own towels at all times.
6. Please shower after using the sauna and before using any other part of the club.
7. No food or beverages other than water in non-breakable container in the sauna.
8. Pour only one or two ladles of water at a time onto the hot rocks.
9. Do not pour anything other than water onto the hot rocks.
10. Do not splash any water on the electric elements of the heater.
11. Creams, lotions, oils, shampoo and conditioners are prohibited at all times in the sauna.
12. The sauna is for exclusive use of Atmosphere members and guests.
13. The sauna will be inspected by Atmosphere staff at regular intervals.
14. In the event of an emergency, call 000, then notify reception.
15. Please read the 'general recommendations on the side of the sauna before using.

### **General Recommendations:**

1. Saunas are considered safe for most users. some people need to take extra precautions. others might have to avoid saunas altogether. if you are taking medications, or have any medical conditions such as a heart condition or hypertension, ask your doctor for advice before using the sauna. do not use the sauna if you are pregnant.
2. The sauna is heated between 75°C - 90°C and will cause the body to sweat, and thus, lose water. it is vital that you stay hydrated. if you don't drink enough water before getting in, you can become dehydrated, causing possible health issues. avoid drinking alcohol before using a sauna as alcohol dehydrates the body.
3. Metal heats up fast in the sauna. if you have any jewellery, take it off, and put it in a safe place.
4. Limit your experience to 15 to 20 minutes at the most. please exit sooner if you start to feel uncomfortable. the human body is not made to withstand such high temperatures for long periods of time. exit immediately if you start to feel dizzy.

Please use all facilities with courtesy and consideration. Atmosphere reserves the right to restrict the use to members whom in its judgement do not comply with the policy. for the benefit of members/guests, all rules, regulations and policies will be strictly enforced.