

Membership Rules

We are thrilled to have you join us at TQ Fitness. To ensure that TQ Fitness is able to provide a safe and comfortable environment for all members and staff, please assist us by complying with the following Membership Rules. Please ask our friendly staff if you have any questions.

Introduction

You acknowledge and agree to comply with these Membership Rules, as amended from time to time. These policies and procedures are not incorporated into your Membership Agreement and create no right or entitlement for you.

TQ Fitness Access

- All members must present their membership access card (or photo ID) upon entry to TQ Fitness at every visit. If you attend TQ Fitness without your access card or photo ID we may refuse your entry.
- You must scan your membership card or digital access pass and register your attendance for safety, security and insurance purposes.
- Your access card is our property and you cannot lend your card or allow anyone else to use it.
- If you lose your membership card or key tag, a replacement can be purchased for \$30 from Reception upon providing proof of identification.
- Upon joining TQ Fitness, a photo will be taken of you for safety and security reasons and the photograph will be used and stored in accordance with our Privacy Policy accessed on the TQ Fitness website tqfitness.com.au.

Refusal of Entry

Entry will be refused or you may be requested to leave the Facilities if:

- you are using abusive or threatening language or behaving in a threatening way; or
- you are under the influence of drugs or alcohol;
- you behave in another way that is considered by TQ Fitness to be risky or seriously inappropriate.

No Smoking

TQ Fitness is a non-smoking facility. The smoking of cigarettes or electronic cigarettes (e-cigarettes or vapes) is strictly prohibited.

Suitable Clothes

All members and guests must wear suitable clothes and enclosed sports shoes in any exercise areas. We do not allow clothes with offensive images or inappropriate advertising.

Towels

You are required to use a clean towel at all times when using fitness equipment, mats and or participating in all classes to maintain our hygiene and safety standards. You may be requested to cease training if you do not use a towel. Subject to availability, you may purchase a towel from reception.

Camera Use

You must not use cameras in TQ Fitness without our permission. Taking photos or videos of other members without their consent is a breach of these Membership Rules.

Parking

TQ Fitness members may park for 2 hours on the Ground Floor. Parking is also available in the underground parking for Members for 3 hours via the Easy Park app, the parking code for TQ Fitness Members can be found inside our gym foyer. Parking on premises is available in accordance with signage knowing that you do so at your own risk. To the extent permitted by law, we are not liable for any loss or damage to your vehicle or its contents.

Personal Training

Personal training services are available in TQ Fitness for an additional fee. Please contact TQ Fitness for more information on our personal trainers. TQ Fitness Personal Trainers may be contractors or employees. If they are contractors and not directly employed by TQ Fitness then all arrangements for personal training services and payments (with the exception of special offers or packages purchased through TQ Fitness promotions offered PT packages or add-ons) should be made directly with the personal trainer.

Please note only authorised TQ Fitness personal trainers are permitted to train members in TQ Fitness. Conducting personal training within TQ Fitness without being an approved personal trainer may result in the cancellation of your membership.

Use of Equipment

You are required to return equipment to its original state when you have finished, including:

- Return weights and bars to their rack.
- Unload plates from machines and bars.
- Return equipment to its original storage location in TQ fitness.

For the safety of you and others, please follow all equipment operating and safety instructions on the equipment. If you are not sure of correct use or operation of equipment please seek assistance from a TQ team member.

As a courtesy to all other TQ members, please use a clean towel when using equipment, do not hold multiple pieces of equipment especially during peak times, allow other members to work in between sets where possible and keep phone calls to a minimum.

TQ Fitness reserves the right to make changes to exercise equipment supplied in TQ Fitness at any time or the group fitness timetable at any time (i.e. alter class type, times and instructors).

Lockers, Valuables & Lost Property

- Lockers are available in TQ Fitness, however lockers are not security devices.
- To the extent permitted by law, TQ Fitness and its employees or contractors are not responsible for any loss of, or damage to, personal property from TQ Fitness or lockers. We recommend keeping all valuables with you at all times.
- Damage to, or the loss of locker keys, cards and tokens, will incur a reasonable charge to repair the damage or replace.
- TQ Fitness is unable to look after your personal possessions (keys and wallets for example) whilst you are in TQ Fitness.
- Bags are not permitted on the gym floor for safety reasons.
- As lockers are cleared daily, personal items are not permitted to be stored in lockers overnight. Any items remaining in lockers or items that have been handed into Reception will be held for two weeks and then donated to charity.

Opening Hours

You can work out as many times as you wish in a given period. Hours are 5am -10pm daily.

You can also participate in normally scheduled group fitness classes. However, please note additional fees may apply for specific group fitness programs, challenges, or specialty offerings.

Minors

Minors between the ages of 14 and 18 years may be eligible for a membership subject to the following:

- The minor must comply with all safety requirements of TQ Fitness as communicated to the member from time to time.
- The minor's membership may be cancelled for any inappropriate behaviour, misuse of equipment or failure to comply with safety requirements.
- The minor must be accompanied by a parent or legal guardian while accessing the gym, equipment, classes and personal training sessions. The accompanying parent or legal guardian must also hold a current TQ Fitness membership.

Age Policy

18 years and older

- All classes and equipment are available, subject to any medical advice or restrictions.

Supervision

TAFE Queensland students may conduct or oversee fitness sessions from time to time, under the supervision of a qualified instructor.

I have read and understand these Membership Rules, and I agree to comply with them.

Member First Name

Member Last Name

Parent / Guardian First Name *(if relevant)*

Parent / Guardian Last Name *(if relevant)*

**Member
Signature:**

Parent / Guardian's Signature:
(if the member is under the age of 18)

Date:

Parent / Guardian's Name:
(if the member is under the age of 18)

Date:
