



ROCKET COMMUNITY FITNESS

Seattle, WA

www.RocketCommunityFitness.com

MEMBER WAIVER

In consideration of the fee paid participant understands that there is a risk of personal injury in the course of instruction and, with this knowledge, agrees to assume the risk of any injury and damages to participant during the seminar.

Specifically, participant agrees to hold harmless Rocket, and all other individuals, organizations, sponsors, promoters, operators, hosts, instructors, associations, schools, owners, officials, directors, employees and other participants connected with the event from all losses, damages, injuries, causes of actions, claims, or complaints in the event that the participant is damaged or injured in any way during the participation, instruction and/or performance of any exercise or during any activity associated with the event location or during transit to or from the event.

Participant further agrees to strictly obey instructors and observe safety rules.

Because of the physical demands of this training participant understands that they must be in good physical condition to participate in the event. Participant understands that in case of injury, the only medical treatment Rocket will provide is first aid.

Participant agrees that any pictures, audio, or visual recordings taken of him/her in connection with the activities at Rocket can be used for publication, promotion, articles, shows and advertisement without additional consent and without compensation at this time or any other time.

IF PURCHASING A MEMBERSHIP I acknowledge that if I am purchasing a membership, I will be billed on the last day of the month for the upcoming month, automatically. My account can be cancelled at any time by emailing admin@RocketCommunityFitness.com by the 15th of the month to cancel any upcoming automatic payments. Rocket does not issue refunds if I fail to do this. **** DROP-INS and SEMINARS DO NOT AUTO-BILL ever again.**

I have read and understand this release and agreement and agree to its provisions. I am not under their influence of any drugs, alcohol, or other intoxicants. I am not suffering from any illness or incapacity. I am over 18 years of age. (If not over 18 years of age, parent or guardian must sign.)

Got it! X

I understand that I am signing up for a membership that will auto-bill on the first of each month. If I choose to cancel, I must email admin@rocketcommunityfitness by the 15th of the month in order to stop billing for the upcoming month.

Yup, I will email "admin" if I need to change my membership. X

Signature _____

Date _____



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ALL ACCESS WAIVER

Rocket members have free 24/7 access to the gym for themselves, and no one else. There may be other Rocket members, who have signed the 24/7 agreement, in the gym, but no one else should be in the gym.

Please agree to the following rules in order to begin your 24/7 access to Rocket. Failing to follow the rules may result in the revocation of your 24/7 access, or your membership to Rocket if it is egregious.

1. Keep the door locked at all times. (Lock the deadbolt behind you.)
2. Do not let in anyone who is not also a member with 24/7 access.
3. Have a mobile phone near you at all times in case you need to call 911.
4. No max attempts if you are alone in the gym. Ever. Keep loads to 80% if you are alone. NO BARBELL BENCH PRESSING IF YOU ARE ALONE.
5. NO pets.
6. NO drugs or alcohol. Not even legal ones.
7. Leave it tidier than you found it. (The vacuum is by the coat hooks, use it.)
8. Make sure the door is locked when you leave.

And remember, we have cameras in every room at the gym (except the bathroom, we're not creepers) so we will refer back to recordings if there is any sort of issue.

Signature _____

Date _____



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UNATTENDED KIDS WAIVER

You are welcome to park your kids (who we probably love) on a bench if they are old enough to sit and watch a video or read a book or something. OR are so small that they're hanging in a car seat asleep, or chilling. But we have a waiver for that, because they are your responsibility, not ours, even if we love them, which, again, we probably do.

I understand that Rocket is absolutely not designed with unattended kids in mind. It is an inherently dangerous place with lots of ways for my kid to hurt themselves if I am not paying attention to them.

Rocket does not provide any childcare and takes no responsibility for my kid.

I understand that:

- * My kid needs to stay off the gym floor at all times, except between classes, and with me paying close attention to them.
- * If my kid is disruptive to the class, it's on me to address it, and if it can't be resolved I might have to leave, which sucks, but it is what it is.
- * If I'm not paying attention to my kid and they break something at Rocket, I'll have to replace it.
- * If I'm not paying attention to my kid and they break themselves, that's on me, totally not Rocket's responsibility, no matter what.

Signature _____

Date _____