



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



WORKOUT WHEN YOU WANT

YMCA 24-HOUR FITNESS CENTER ACCESS Northfield Area Family YMCA

We know you're constantly on the go. No matter your career or lifestyle, the Northfield Area Family YMCA is pleased to offer adult members 24/7 access to our facility!

How it Works (Application Process)

- Must be an active Northfield Area Family YMCA member and 18+ years of age.
- Read, fill out, and sign the 24/7 access waiver on the back side of this document.
- Agree to the \$5/month 24/7 access fee.
- Upon payment of your first monthly fee, your membership barcode will be activated to grant you 24/7 access. Processing may take up to 72 hours.
- You can cancel your 24/7 access fee at any time by contacting Member Services or visiting our website.
- 24/7 access users enter the facility through the main entrance using their own membership card or their card on the Northfield Y app.

Safety and Security

- Facilities are monitored by our security & video/audio surveillance system. Video footage is reviewed daily.
- Red emergency telephones are located in the main hallway across from the Member Services desk and on the Wellness floor. Immediately call 911 in case of any emergency.
- AEDs are located on the wall by the Member Services desk and next to the Wellness Floor elevator. Only use this in case of cardiac emergency and if you have been properly trained on its use.
- During inclement weather, you may still access the facility, but you do so at your own risk (no snow removal or salting provided).

• **Adult members of the Northfield Area Family YMCA who are ages 18+ are welcome to apply for 24/7 fitness center access at the YMCA member services desk. To apply for access, you must sign a 24/7 access waiver, agree to abide by our policies, and pay the additional monthly fee.**

• **24/7 members are welcome to use the YMCA Fitness Center any time day or night, but there will be no staff available to assist members during unstaffed hours. Please see our website, northfieldymca.org, to view current staffed building hours.**

Policies / Honor Code

- Your 24/7 access and membership card are non-transferable and for your use only. No guests, friends or family are allowed.
- If you lose or damage your membership card, notify the Y immediately. A replacement can be provided.
- Ensure that the door closes behind you after entering the building. Do not hold the door for anyone, as they will need to scan their own card for access. All members must scan their own individual card every time they enter during unstaffed hours.
- If an alarm sounds, members are required to immediately evacuate the building. Emergency personnel and Y staff will be notified and arrive on-site and will then make a determination if/when it is safe to re-enter.
- Failure to adhere to any of the above guidelines, general Y Code of Conduct policies, or the policies laid out on the waiver form will result in temporary suspension of your 24/7 access, monetary fine (see waiver) or outright revocation of the privilege.
- In rare instances, facilities may be closed to after-hours access for necessary maintenance or events. Stay updated with our mobile app (Northfield Y) or website (northfieldymca.org).

For inquiries please contact our Membership Team:

Suzanne Donkers
suzanne@northfieldymca.org • 507.650.4373

Northfield Area Family YMCA 24/7 Facility Agreement, Waiver and Release Form

Initial each line marking acceptance

Use of the Northfield Area Family Y (NAFY) facility outside of staffed hours of operation is for NAFY members only. Members must be at least 18 years of age and must use their assigned barcode to gain entrance. Family members on my membership cannot use my 24/7 access, even if I am present. I understand if my barcode is used to let anyone in I will lose my 24/7 access permanently and possibly lose my NAFY membership.

Guests and individuals who do not have 24/7 access through NAFY are not permitted outside of hours of operation. Anyone that violates this policy will be charge \$10 per person, per offense, and risk losing their 24/7 access or their NAFY membership.

The NAFY HIGHLY recommends that you have an adult workout partner, who has a 24/7 membership with the NAFY, accompany you while using the NAFY 24/7 facility (unauthorized personal training is not allowed and will result in termination of 24/7 access). You have agreed to purchase access to the NAFY facility outside of staffed hours of operation. As such, you are aware that there will be no staff or assistance when using the facility outside of the regularly staffed hours of operation. You are also aware that should you become injured, unconscious, suffer a stroke or heart attack, that there will likely be no one to respond to your emergency and this facility has no duty to provide assistance to you. Even though this facility is equipped with surveillance cameras, it is likely that should you require immediate assistance, none will be provided.

Physical exercise can be strenuous and subject to risk of serious injury. The NAFY urges you to obtain a physical examination from a doctor before using any exercise equipment or participating in any exercise activity. You agree that if you engage in physical exercise or activity, or use any NAFY amenity on the premises, you do so entirely at your own risk. You agree that you are voluntarily participating in the use of this facility and assume all risks of injury, illness, or death. This agreement includes, without limitation, all injuries which may occur, regardless of negligence, as a result of; a) your use of the allowed spaces (Gym, Wellness Floor, Studio, Community Room and Family Locker Rooms only) and equipment in the facility and your participation in any activity, b) the sudden and unforeseen malfunctioning of any equipment, c) you slipping and/or falling while on NAFY premises, including adjacent sidewalks and parking areas.

The NAFY is not responsible for any loss of or damage to your personal property. There are lockers in the Family Locker Rooms and hallway that are available to rent or day lockers for you to use with your own lock while in the facility.

I understand that the following area/amenities are not available outside of regular business hours: locker rooms, pool, and personal training.

Snow removal will not be available outside of regularly scheduled hours. Members with 24/7 access can utilize the NAFY but do so at their own risk from the elements.

Under sole discretion of the NAFY, my 24/7 access may not be granted or may be revoked at any time (ex: membership on hold, or NSF for membership fees)

I understand and acknowledge that unauthorized use of video or photos is strictly prohibited.

You acknowledge that you have carefully read this "waiver and release" and fully understand that it is a release of liability. You expressly agree to release and discharge the NAFY and all affiliates, employees, agents, representatives, successors, or assigns, from any and all claims or causes of action. You agree to voluntarily give up or waive any right that you may otherwise have to bring a legal action against the NAFY for negligence, personal injury or property damage.

Note: Should any part of this agreement be found by a court of law to be against public policy or in violation of any state statute or case precedence, then only that wording is removed, and the remainder of this agreement will remain in full force.

Printed Name: _____ Date of Birth: _____

Phone Number: _____ Email: _____

Signature: _____ Today's Date: _____