



Facility Rules

Before engaging with facility activities, verify with employee that you are allowed to enter, and that you have signed the liability waiver listed on our website.

Safety and Access: Before engaging in facility activities, verify with gym staff at front desk of a signed liability waiver. Alcohol consumption or drug use before entry or during facility use is NOT permitted. Non-athletes must stay in waiting area or in personal vehicles until athlete is done. Only members or registered users are allowed access to the facility. Notify front desk staff of event to be granted access.

Safety and Equipment Use: Wear appropriate workout attire that allows for free movement and avoids any hazards like loose clothing getting caught in equipment. Use closed-toe athletic shoes with non-marking soles for safety and stability. Familiarize yourself with your physical limits and what you're comfortable with. Report any equipment malfunctions or safety concerns to gym staff immediately. Always use collars on barbells to secure weights in place. Use spotters when lifting heavy weights, especially during bench presses, squats, and overhead lifts. Avoid dropping or slamming weights on the floor, as this can damage equipment and create safety hazards. Familiarize yourself with how to properly use each piece of equipment before starting your workout. Adjust equipment settings (e.g., seat height, weight stacks) according to your needs and ensure they are secure before use. Return equipment to its proper place after use and re-rack weights on the appropriate racks. Stay hydrated by bringing a water bottle and drinking fluids regularly during your workout. Use caution when moving around the weight room to avoid tripping hazards and collisions with other users. Alcohol consumption or drug use before or during gym usage is NOT permitted.

Etiquette and Respect: You will be asked to move or move or your things if they obstruct space for other users. Please clean up after yourself, or you will be given a verbal warning. Follow any additional rules or guidelines specific to your gym or fitness facility. Use respectful language and tone with staff members, coaches/trainers, and other athletes or accompanying guardian.

Booking and Cancellation Policy: Register in advance for group fitness classes or training sessions to secure your spot, and arrive on time and respect the instructor's directions and class schedule. Cancellations must be made 24 hours before appointment time in order to receive full refund.

Health and Safety: Inform staff of any medical conditions of the member or athlete training, injuries, or concerns before using facilities or participating in activities, so that the trainer or teacher can be notified.

Supervision: A coach, staff, or renting customer must be present at facility with children under age of 13 at ALL TIMES. Be respectful of others working out and their personal space.

Batting Cage Rules

Before entering Batting Cage, verify with employee that you are allowed to enter, and that you have signed the liability waiver listed on our website.

Respect Batting Cage Guidelines: Familiarize yourself with any additional rules or guidelines provided and follow them to ensure a safe experience for everyone. When training is not in progress, **Small Cages:** capacity of 3 athletes and one coach, and for **Large Cage,** 6 athletes and one coach.

Stay Safe: Drink plenty of water before and after using the cages to prevent dehydration. Alcohol consumption or drug use before or during batting cage is NOT allowed. All participants must wear appropriate safety gear, including helmets with, and protective screens for pitchers or coaches. Bats should be in good condition and suitable for the batting cage environment.

Supervision: A coach, staff, or renting customer must be present with children under age of 13 at ALL TIMES. Customer renting cage will only have access to certain cage provided by staff, detailed verbally during check in or within email. Access will not extend past times rented by customers.

Etiquette and Cancellation: Only respectful language will be tolerated, and if violating, you will be given a verbal warning. Only one athlete being trained is allowed to be in cage during coaching. Please clean up after yourself, or you will be given a verbal warning. Cancellations must be made 24 hours before appointment time in order to receive full refund

Sauna Rules

Before entering Infrared Sauna, verify with employee that you are allowed to enter, and that you have signed the liability waiver listed on our website.

Respect Sauna Etiquette: Familiarize yourself with any additional rules or guidelines specific to the sauna you are using, and follow them to ensure a safe experience for everyone. Only two people at a time, for no more than 30 minutes each.

Use Towels: Sit on a towel or use one to sit on within the sauna to maintain cleanliness of the benches. This also helps prevent direct contact between your skin and the sauna wood. Put towels in respective area once done using, and if you don't know where, ask a staff member.

Phone Usage and Medical Guidelines: Limit phone usage due to extreme heat, which damages phones. If you have any medical conditions, injuries, or concerns, consult with a healthcare professional before using Infrared Sauna therapy. They can provide guidance on whether ice baths are suitable for you and any precautions you should take.

Limit Session Time: Avoid staying in the sauna for an extended period of time. Typically, sauna sessions should last between 10 to 15 minutes. Prolonged exposure can lead to dehydration or discomfort. If using a the cold tub beforehand, make sure to not transition from one to the other too fast, as the extreme temperature changes can induce headaches or cause you to pass out.

Stay Hydrated: Drink plenty of water before and after using the sauna to prevent dehydration. Alcohol consumption before or during sauna use is NOT allowed.

No Food or Beverages: Eating food or consuming beverages inside the sauna is not allowed to maintain cleanliness and avoid spills.

**NOT FOLLOWING THESE RULES WILL LEAD TO REMOVAL OR POTENTIAL
BAN FROM FACILITY**

Athlete Retreat, LLC

Terms and Conditions

I, [Name], hereby acknowledge and agree that my participation in activities at Athlete Retreat, LLC or purchase of services/subscriptions from athleteretreatfl.com (hereinafter referred to as "the facility") involves inherent risks, including but not limited to the risk of injury, illness, or death. I understand that the activities offered at the facility may include, but are not limited to, physical exercise, training, and recovery techniques. I also agree that my participation in these activities or events means [Name] is also subject to legal responsibility to the [facility's rules](#) as well, listed on our website.

In consideration of being permitted to participate in activities at the facility, I, on behalf of myself and my heirs, successors, assigns, and representatives, hereby voluntarily assume all risks associated with my participation. I acknowledge that I am solely responsible for my own health, safety, and well-being while at the facility.

I hereby waive, release, and discharge Athlete Retreat LLC, its owners, employees, instructors, agents, and representatives from any and all claims, demands, liabilities, damages, or causes of action that may arise out of or relate to my participation in activities at the facility, including but not limited to any claims for personal injury, property damage, or wrongful death.

I understand that this waiver and release of liability is intended to be as broad and inclusive as permitted by law. If any portion of this waiver is held to be invalid or unenforceable, the remaining provisions shall continue to be valid and enforceable to the fullest extent permitted by law. I certify that I am physically fit to participate in activities at the facility and that I have not been advised otherwise by a qualified medical professional. I agree to comply with all rules, regulations, and instructions provided by Athlete Retreat, LLC and its staff. I have carefully read and fully understand the terms of this liability waiver, and I voluntarily sign it of my own free will.

Signature: _____ Date: _____

Print Name: _____

Legal Guardian Signature (if under 18): _____

Print Name: _____

Email: _____

Phone: _____ Date of Birth: ____ / ____ / ____