



# Rules and Regulations

master your universe

### Welcome!

Congratulations on becoming a member of South Africa's leading Health Club Chain. We feature some of the most advanced exercise facilities in the country.

To help ensure your enjoyment of our facilities, we have established the following rules and regulations that we require everyone to follow. Please note that from time to time we may find it necessary to amend or add to the rules and regulations, which may also be verbally communicated to you or contained on signs posted in our clubs. Review and familiarise yourself with them. Contact our Customer Care Line on 0860 752 638 if you have any questions, concerns or complaints and they will be handled promptly at Head Office.

### Access Policy

- Remember your membership tag – without it you will not be able to access the Club.
- If you have lost your membership tag, report it to your home Club.
- A new tag will be issued at an additional charge, but remember to bring along your ID when collecting your membership tag.
- Your membership is for your exclusive use. Use of your tag by a non-member may result in your expulsion from the Club and the termination of your membership.
- All members including children must have an access tag.
- If membership fees are in arrears, access will be denied to the membership cardholder & dependants.

### Visitors Policy

- Your guests are welcome, but need to fill in a Tour Card before entering the Club, however the same guest may only be brought in once, in a 12 month cycle.
- You must accompany your guest and will be responsible for his/her conduct in the Club.
- A repeat guest will be charged a prescribed fee to use the Club's facilities.
- We reserve the right to charge guest fees for out of town guests and for other guests we may admit, who are not interested in hearing an introductory presentation.
- A guest must be above 18 years of age.

### Members Age Restriction

- For the safety of your children – between 6 months and 6 years will be cared for in the Supervised Childcare facility, Planet Kids.
- Optional: Children between the ages of 4 and 6 years are eligible to sign up for our supervised kids activities, Planet Play at an additional charge.
- Children between 6 and 11 years have to join Planet Play (if available) at an additional charge or not be in the club at all.
- Children between 12 and 15 years must be accompanied by a member (Parent/Legal Guardian) when training.
- Children between 16 and 18 years may train on their own but must at all times abide by the club rules e.g. when training on cardio equipment - adults get preference.
- When a child turns 18 years old their membership will expire and they will be required to join on their own membership.
- Students, between 18 and 21 years will qualify for Student Rates on presentation of a valid Student ID.
- Any student dependant that turns 21 will be required to take his own membership.
- Student rates will apply up to the age of 25 years.

### Dress Code & Personal Hygiene

- Wear suitable clothing at all times while exercising, remembering that you may not exercise without a top.
- Cross-trainers (not "slops") should be worn at all times while exercising.
- Suitable non-marking shoes must be worn in the squash courts and aerobic studios.
- Use a sweat towel at all times while exercising, and remember to wipe equipment immediately after use.
- While doing a circuit, please use the equipment in numerical order and move according to the timer.
- Replace all equipment and weights after use.
- Adhere to time limits if specified on equipment.
- No food, drinks (other than those in covered plastic containers) and bags are allowed on the training floor.

### Squash

- Squash may be available in accordance with the terms of your membership.
- You may not play squash unless a booking has been made.
- R50 deposit will be payable when booking squash for the first time. This R50 booking fee is refundable (on proof of receipt), should you decide not to play any more. The R50 will be forfeited should you not arrive for your squash booking.
- To then make another booking the R50 booking charge will have to be paid again. Time of play is limited to 45 minutes.
- No gym bags or any equipment may be left outside the squash court.
- Only 1 game per family membership per day during peak times.
- No children under the age of 14 are allowed to play during peak hours.
- Non-mark shoes to be worn at all times.

### Change Rooms

- Lockers are provided, for your use, in the change rooms to store your personal belongings while you train.
- Remember to bring your own locks.
- Any locker left locked overnight will be opened, and the contents placed in lost property.
- The Company will not be held liable for any loss or theft of valuables, loss or damage to personal property of members or their guests.
- Planet Fitness reserves the right to open any locker should there be any valid reason to do so.

### Swimming Pool, Steam Rooms & Sauna's

- Swimming caps and appropriate swimming costumes should always be worn in pools.
- No lifeguard supervision is provided.
- Always shower before using the pools.
- No food or drinks (other than those in covered plastic containers) are allowed in the pool area.
- Swim in an anti-clockwise direction when sharing a lane.
- Children under the age of 13 are not permitted to swim without adult supervision.
- For safety reasons do not spend more than 15 minutes in the steam room or sauna.
- Shaving in the sauna or steam room is not permitted.
- Oils, creams or cosmetic products are not to be used in the sauna or steam rooms.
- Children under the age of 13 may not use the steam rooms or sauna.
- For hygiene purposes members must sit on a towel, and shower before entering the sauna or steam bath.
- If you suffer from high / low blood pressure, cardiac irregularities, asthma or if you are pregnant, please do not use the steam room or sauna.

### Booking Procedures

- Comply with Club Rules and Regulations when booking for spinning, squash or any other facilities.

### Lost Property

- After 14 days lost property will be donated to charity if not collected. The Company does not accept responsibility for lost property or for members' property left and/or stored in the Club.

### Operating Hours

#### Wanderers 24/7 as per normal

#### All clubs in CT - excluding Platteklouf:

Monday - Thursday	05:00 - 22:30	Friday	05:00 - 21:00
Saturday	06:00 - 19:00	Sunday	07:00 - 18:00

#### Fourways, Centurion Gate and Platteklouf:

24 Hours weekdays			
Monday open at	05:00	Friday close at	21:00
Saturday	06:00 - 19:00	Sunday	07:00 - 18:00

#### Bedfordview:

24 Hours weekdays			
Monday open at	05:00	Friday close at	21:00
Saturday	06:00 - 19:00	Sunday	07:00 - 18:00

#### All Gauteng - general:

Monday - Thursday	04:00 - 22:30	Friday	04:00 - 21:00
Saturday	06:00 - 19:00	Sunday	07:00 - 18:00

#### Limited Contract times:

Monday - Friday	Day 10h30 - 15h30
	Evening after 20h30 to closing
Weekend	14h00 till closing

- Club closure will only take place on the following days: Christmas Day, New Years Day, Good Friday
- Clubs will close at 19h00 the day prior to the above listed holidays.
- The day after the above listed holidays the clubs will open at 06h00.
- No transactions will take place after 21h00.
- Only valid principal members and dependants over the age of 18 will have access to the club after 21h00.
- Any guests of a member will not be accessed between 21h00 and 05h00.

### 24 Hour Club

- Members arriving after 22h00 must ring the intercom in order to gain access to the club.
- The Night Receptionist will need your membership number over the intercom to confirm that you are a valid member.
- Valid members will then be accessed into the club.
- Any issues with regard to the membership that cannot be sorted out by the receptionist, will result in you not being accessed into the club.

### General

- The Company will not be held responsible for any loss, theft and/or damage to motor vehicles or any other mode of transport of members or their guests on Club premises or any parking area designated for use of members or their guests.
- If it is deemed that you have wilfully or negligently caused damage to the Company's property, you will have to pay for the damage caused.
- You will be held responsible for damage caused by dependants or accompanying children and/or guests.
- Smoking and/or alcohol is not permitted in the Club.
- The use of any non-prescribed drugs (including steroids) is strictly prohibited in the Club.
- NO FIREARMS ARE PERMITTED IN THE CLUB.
- The Company reserves the right to amend these Rules and Regulations from time to time and members, guests and/or occupants of the Club should please familiarise themselves with the Rules and Regulations currently in force.
- The Company reserves the right to use members' images if taken during photographic shoots of facilities or as standard photography.
- Food is permitted only in designated areas and not inside the locker rooms or in any of the exercise areas.
- Right of admission to the Club reserved.
- The utilisation of camera phones is not permitted in the change room areas.

### Waiver and release

In the act of becoming a member of Planet Fitness (henceforth also referred to as 'the company') I agreed and acknowledge: that the Company will not be liable for death, injury, loss or damage suffered by me through or contributed to by any cause whatsoever including but not limited to, any negligent (including gross negligent) act and/or omission or breach of contract on the part of the Company, its directors, employees, contractors, independent consultants or other member(s); that Company premises will invariably be entered and exited (inclusive of the parking areas) entirely at my own risk and that the Company equipment and facilities will, furthermore, be utilised on this very same basis; that the Company would not be vicariously liable for any loss or damage suffered by me and/or other member(s) as a result of theft on the part of its employees, independent contractors, consultants or other member(s). In the process of becoming a member of Planet Fitness I and/or my estate, furthermore, indemnified the Company against any claim by any person arising directly or indirectly from my death, injury, loss or damage suffered by a member, allegedly caused or contributed to any act or omission by the Company, its directors, employees, contractors, consultants and agents.

### Personal Training

The Club does not permit unauthorised personal training on its premises. Unauthorised personal training may lead to the suspension or expulsion of both/all party/ies involved in such personal training at the Club's sole and absolute discretion. If a Personal Trainer leaves Planet Fitness, his members will be reallocated to another Personal Trainer in the club, no refund will be given.