

**AMERICAN SPECIALTY HEALTH NETWORKS, INC.  
FITNESS CLUB SERVICES AGREEMENT**

**ATTACHMENT G - HEALTH AND SAFETY GUIDELINES AND CODE OF CONDUCT**

Fitness Club warrants and represents that each Fitness Club Participating Location, subject to this Agreement, shall maintain and abide by ASH Networks' Health & Safety Guidelines and Code of Conduct, as follows:

- Fitness Club is able to respond in a timely manner to any reasonably foreseeable emergency event that threatens the health and safety of facility users. Toward this end the Fitness Club has an appropriate emergency plan that can be executed by qualified personnel in a timely manner.
- Fitness Club offers each adult Member a pre-activity screening that is appropriate to the physical activities to be performed by the Member.
- Each person who has supervisory responsibility for a physical activity program or area at Fitness Club has demonstrable professional competence in that physical activity program or area.
- Fitness Club posts appropriate signage alerting users to the risks involved in their use of those areas of Fitness Club that present potential increased risk(s).
- If Fitness Club offers youth services or programs, it provides appropriate supervision.
- Fitness Club shall not discriminate against Members for any reason, including but not limited to age, sex, marital status, religion, ethnic background, national origin, political affiliation, ancestry, race, color, sexual orientation, health disability status or source or amount of compensation.
- Fitness Club shall abide by all local, state, or federal consumer protection legislation and all other applicable laws.
- Fitness Club responds to and endeavors to resolve, within sixty (60) days, any consumer complaints made to the Better Business Bureau or state or local consumer protection agencies (or other such agencies).
- Fitness Club will not sell prepaid, lifetime memberships.

ASH Networks' Health & Safety Guidelines and Code of Conduct has been adapted from the following sources:

- Peterson, James A, and Tharrett, Stephen J, editors 2<sup>nd</sup> ed. *ACSM's Health/Fitness Facility Standards and Guidelines*, second edition. Champaign, IL: Human Kinetics, 1997.
- International Health, Racquet and Sportsclub Association, 2001.  
[http://download.ihrsa.org/pubs/club\\_membership\\_conduct.pdf](http://download.ihrsa.org/pubs/club_membership_conduct.pdf)