



Participants will:

- Wear acceptable attire (sleeved t-shirt, athletic shorts/pants, athletic shoes). For your safety, please do not wear jewelry such as loose necklaces, bracelets, hanging earring, and watches.
- Arrive approximately 5-10 minutes prior to your session for connection to our heart monitoring system.
- Be a coachable participant, cooperating with the staff whose goal is to provide you with an excellent training session.
- All communications are expected to be respectable and family friendly.
- Place personal belongings in area provided. Staff is not responsible for participants' personal belongings or lost/stolen items.
- Wait respectfully in waiting area until it is time to prepare for your session. The work out area and equipment is reserved for those participating in the current session.
- Place all equipment back in their appropriate locations after use.
- Place trash and recyclables in their appropriate containers.
- Show respect for equipment and facility at all times. Horse play, use of loud or offensive language, display of aggressive/threatening behavior, and spitting in or defacing the facility is not tolerated and will result in immediate expulsion.
- Immediately report any facility/equipment irregularity or related injury to a trainer.

ASI's facility and training is suitable for participants age 12 and older. Due to the nature of our circuit training, the presence of small children is not recommended. Any child not participating in a training session must remain in the waiting area, under parental supervision at all times. Parents are responsible for the safety and conduct of their children while in ASI.

As part of your membership, you will receive an initial nutrition discussion with a registered dietitian and meal plan as well as weekly education/tips on Mondays and Tuesdays. Additional nutrition consultation is available through our dietitian at an additional cost.

To track your success, we provide an initial body composition assessment and monthly testing on the last Monday of each month.

All Greenville Hospital System facilities, including ASI, are tobacco free and do not permit concealed weapons. No tobacco, alcohol, drugs or banned substances are permitted on premises.

ASI staff have authority over all use of equipment and facility conduct and may expel any participant or any individual accompanying participant for failure to follow these rules.

I have read and understand the information provided to me by Acceleration Sports Institute.

Participant Name (please print): _____

Signature of Participant: _____ Date: _____

All participants under the age of 18 years must have parental/guardian signature. I, the parent/guardian of participant, have read and understand the rules of participation and authorize him/her to participate in ASI training sessions.

Name of Parent/Guardian: _____

Relationship to participant: _____

Signature of Parent/Guardian: _____ Date: _____