

Exhibit “D” Rules for Participant

Please be mindful of the following rules and regulations:

- Swim team members and participants must check-in using the attendance method designed by ECCC coaches and supervisors (and approved by Kennedy Fitness’ representatives). Every swim team member and participant must be accounted for, and no others are welcomed entry unless they are a parent/guardian/family member whom has previously completed and signed a Kennedy Fitness Guest Waiver.
- Swim team members and participants are permitted in the pool areas and designated locker room areas only. With the instruction and supervision of swim team coaches only, swim team members and participants may utilize a designated area of the gym and equipment. Otherwise, use of the facility outside of the pool and designated locker room areas is forbidden. The use of the Hot Tub is not permitted to swim team members and participants.
- Water only is permitted in the pool, locker room, and dry-land practice areas. No food, gum or colored drinks may be consumed anywhere in the facility. Gym bags must be hung up on hooks located within the pool area.
- No loud or inappropriate noise or behavior in the club.
- Swim team members and participants are not permitted to conduct personal training sessions, dry land sessions, or swim practice sessions for other members or instruct any person in the facility.
- Swim team members are not permitted to bring in or utilize their own fitness equipment in any Kennedy Fitness facility.
- Dress Code for dry-land practice: Clean T-shirts, sweat shirts, sweat pants, exercise leotards, athletic shorts, and sneakers. No belt buckles, riveted attire (ie., jeans), work clothes or work boots permitted during dry land practice.
Dress Code for swim practice: Bathing suits, drag suits allowed in water, and open-toed shoes, flip flops, or sneakers are allowed on pool deck. Loose fitting clothing as well as any clothing/non-bathing suits are prohibited in the pool.
- Swim team members and participants must shower before entering the swimming pool. This is for safety and cleanliness purposes.
- Swim team members and participants must refrain from profanity and rude, inconsiderate, inappropriate, disrespectful, or aggressive conduct directed towards employees, members or visitors of Kennedy Fitness at all times whether inside the clubs or outside on Kennedy Fitness property. Members may not interfere with the conducting of business at Kennedy Fitness. Any of these or any other violation of company policy may result in termination of membership and expulsion from premises at the sole discretion of Kennedy Fitness.
- For the privacy and security of our members and staff, the taking of photographs and/or recording video is prohibited throughout all Kennedy Fitness facilities.
- Swim team members and participants should only utilize the pool if in good health to exercise.
- Use of the pool is strictly prohibited if you have any infectious illness, rash, open sore, etc.
- Alcohol or any illegal drug use prior to pool use is strictly prohibited.
- Swim team members and participants must comply with all rules outlined here, and within the pool facilities and areas, as well as those enforced by the Future Fitness Centers Lifeguard.

Signature of Supervisor

Date