

Dave's Multisports Club Member Policies

Welcome to Dave's Multisports Club. Our goal is to provide a safe, supportive, and empowering environment for all members. To maintain a high standard of training and safety, all members must adhere to the following policies:

Membership and Fees

- Membership fees are due in cash during the first week of each month. Remittances through PushPress (e.g. credit card, online debit, or Pre-Authorized Debits) occur monthly on your start date.
- Memberships are non-transferable.
- Temporary freezes can be applied at the coach's discretion before the 20th of the month.
- Members are responsible for keeping their contact, payment and plan information up-to-date.
- Refunds cannot be issued for missed attendance due to failure to update or cancel memberships.
- If a member requests a plan downgrade (e.g. from \$60 to \$45), a partial refund may be issued, less a 20% fee to cover administrative costs.

Gym Etiquette

- Respect others at all times. Harassment, bullying, or discrimination of any kind will not be tolerated.
- Keep the gym clean. Wipe down equipment after use and return it to its proper place.
- Proper athletic attire, clean indoor shoes, and boxing gear (e.g. gloves, wraps) must be worn during training.
- Personal belongings should be kept in designated areas; the gym is not responsible for lost or stolen items.

Safety Rules

- Always warm up before starting your workout and cool down afterward.
- Sparring is only allowed under the supervision of a certified coach and with proper protective gear (e.g. headgear, mouthguard, groin protector).
- Report any injuries to staff immediately and refrain from training if you are unwell or injured.
- Use the equipment properly and follow instructions from coaches to prevent accidents.

Class and Training Policies

- Arrive on time for classes. At the coach's discretion, late arrivals may not be allowed to participate.
- Personal coaching sessions are scheduled separately. Cancellations require at least 24 hours' notice, or the session and session fee will be forfeited.

Code of Conduct

- Maintain a positive attitude and encourage fellow members.
- Refrain from using foul language or engaging in aggressive behaviour outside of training.
- Alcohol, illegal substances, and weapons are strictly prohibited in the gym.

Termination of Membership

- The gym reserves the right to terminate membership for repeated violations of the policies.
- No refunds will be issued for termination due to policy violations.

Thank you for your cooperation in making Dave's Multisports a great place to train. For any questions, please speak with the staff or email davesmultisports@gmail.com.