

Tavern Square FITNESS CENTER RULES AND REGULATIONS

The following rules and regulations are intended to make the Tavern Square exercise facility ("Fitness Center") a safe environment for all users. These rules are applicable to all users and may be changed from time to time by Cambridge Asset Advisors, LLC in order to provide for safe use of the facility and equipment.

The Fitness Center is currently open to all current tenants, invitees, and guest of Tavern Square (123 N. Pitt, 421 King Street, 110 and 132 N. Royal Street, Alexandria VA)

- Anyone utilizing the Fitness Center must sign a liability waiver and will be utilizing the facility at their own risk.
- Patrons must be at least 18 years of age to use the Fitness Center.
- Building Ownership and its representatives, to include managing partners, are not responsible for any injury that may occur to individuals while utilizing the Fitness Center.
- Proper attire must be worn while utilizing the Fitness Center. Failure to follow these dress code guidelines will result in revocation of use of the Fitness Center.
- Tennis shoes and socks must be worn at all times. Sandals, open toed or open backed shoes are not permitted.
- T-shirts, tank tops and muscle shirts must be worn. Sports bras as tops, and shirts exposing midriff are not permitted.
- Athletic apparel bottoms such as spandex, sweatpants, cloth or nylon shorts are required. No jeans or jean short shorts are permitted.
- No food is permitted in the Fitness Center. Water or sports drinks are permitted only in sealable containers. Glass is not permitted in the Fitness Center.
- Music and video playback devices are not permitted unless they are personal handheld units with headphones.
- No tobacco or vape devices are permitted to be used in the facility.
- No bags, coats or personal items are permitted in the Fitness Center. Valuables should be secured in a locker in the locker rooms or in your office or personal vehicle.
- All individuals who utilize the on-site lockers are required to secure their personal items with a personal lock as locks are not provide.
- Lockers are limited and not for proprietary use. All articles must be removed from lockers at the end of your workout. Any locks found to be left secured or otherwise to lockers overnight will be removed along with all personal items.

- Building Ownership and its representatives, to include managing partners, assume no liability for lost, stolen or damaged items.
- Disrupting or interfering with the workout of another patron is not permitted. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
- Patrons should wipe down all equipment after each use. Disinfecting wipes are available for use.
- Chalk is not permitted. Allow others to workout in between sets.
- Return weights to tree or rack if using free weights.
- Weights should not be leaned against the wall, mirrors, benches, or other equipment.
- Weights or dumbbells should not be dropped or slammed.
- Use of cardiovascular equipment is limited to a 30 minute time limit while other patrons are present.
- Report any personal injury or damaged / malfunctioning equipment to the management office immediately.
- Observe proper hygiene by showering regularly, wearing clean clothes, and using deodorant.
- Please return all towels.
- The Fitness Center does not permit personal trainers to accompany patrons and soliciting is prohibited for these services.
- All patrons must complete a fitness License Agreement and comply with all facets prior to signing and returning to the management office for access.
- Patrons must comply with all Fitness Center policies at all times.

Inappropriate behavior or attire that interferes with the operations of the Fitness Center or fails to adhere to published policies is not permitted. Failure to adhere to these may result in the revocation of access.

FITNESS CENTER WAIVER & RELEASE

IMPORTANT INFORMATION

The owner and management of 123 N. Pitt Street, Alexandria VA 22314 ("Building"), require that all participants follow safety rules and instructions that are designed to protect the participant's safety. However, participants must recognize that there is an inherent risk of injury when choosing to participate in fitness center activities.

You are solely responsible for determining if you are physically fit and/or adequately skilled for fitness center activities. It is advisable, especially if the participant is pregnant, suffers from an underlining medical condition, takes medication, smokes cigarettes, has a family history of coronary disease, or has recently suffered an illness, injury or impairment, to consult a physician before undertaking any fitness center activity. You also acknowledge that you are responsible for safeguarding yourself from COVID-19 and any other epidemic or pandemic that may affect the Building.

WARNING OF RISK

Aerobic and other fitness center activities such as passive/resistive weight training, use of stair machines, jogging, free weights, and other training devices are intended to challenge and engage the physical, mental and emotional resources of the participant. Despite careful and proper preparation, instruction, medical advice, use of personal protective equipment and conditioning, there is still a risk of serious injury and there is still risk of contracting COVID-19 and other diseases as a result of using the fitness center. All hazard and dangers cannot be foreseen.

Depending upon a person's physical condition, age and/or skill level, fitness center activities can involve a substantial risk of injury and health risks, including the following types of injuries. This list is by no means complete but includes some of the more common ones: (i) heart attack, stroke and circulatory problems, (ii) bone and joint injuries, (iii) back and neck injuries, (iv) shin splints, (v) muscle strain and other muscle injuries, (vi) foot problems, and (vii) contracting a disease, including, without limitation, COVID-19.

MEDICAL EXAMINATION: All participants are strongly encouraged to have a complete physical examination by a medical doctor prior to beginning any activity, especially if a participant has a history of heart disease.

AUTHORIZATION

In the event of any emergency, by signing this form, I authorize Building to secure from any hospital and/or physician any treatment deemed necessary for my immediate care and agree that I will be responsible for payment, in full of costs and expenses related to any and all medical services rendered.

WAIVER AND GENERAL RELEASE OF ALL CLAIMS AND ASSUMPTION OF RISK;

TERMINATION

Please read this form carefully and be aware that in signing up and participating in any fitness center activity, you expressly assume the risk and legal liability and waive and generally release all claims for injuries, disease, damages or loss which you might sustain as a result of participating in any activities connected with, related to or associated with the fitness center.

By signing this form, I recognize and acknowledge that there are certain risks of physical injury to participants in any fitness center activities, and I voluntarily agree to assume the full risk of any and all injuries, damages or loss, including the risk of contracting a disease such as COVID-19, regardless of severity, that I may sustain as a result of said participation. As a material inducement for Building to permit me to use the fitness center, its facilities, and equipment, I hereby waive and hold Building Parties (as defined below) harmless for any and all claims and damages (including legal fees) present or future, foreseen or unforeseen, anticipated or unanticipated (collectively "Claims"), I may have (or which may accrue to me at any time) against Building, including but not limited to the ownership of the Building, its property management company, and their direct and indirect shareholders, members, directors, officers, managers, agents, employees, and affiliated companies and partnerships (collectively "Building Parties") and generally release Building Parties from any and all Claims, including but not limited to those involving: (i) participating in any supervised or unsupervised fitness center activities, (ii) use of any fitness center equipment, (iii) any loss or theft of personal property, (iv) accidental injuries, such as "slip and fall" injuries, and (v) contracting a disease, including without limitation, COVID-19, within the fitness center and/or any other premises owned, leased, managed or operated by the Building.

I further agree and understand that Building shall have the unilateral and unconditional right to immediately terminate my access to the fitness center, including but not limited to my use of any and all equipment and facilities, and/or participation in any activities therein, for any reason or no reason at all, at any time, without any obligation to provide prior notice of such termination.

I have read and fully understand the above important information, warning of risk, authorization, assumption of risk, and waiver and generally release of all claims.

Participant's Printed Name & Phone #

Participant's Signature

Datawatch Key Fob Number

Date:

Emergency Contact Information:

Male/Female