

Dominion Station Homeowner's Association
21910 Elkins Terrace, Sterling, VA. 20166

FITNESS CENTER ACCESS INSTRUCTIONS

1. In order to gain access to the fitness center, you will need to read and complete the bottom of the attached Fitness Center Rules & Regulations and Liability Waiver forms. Each adult requesting access must do so.
2. **Email your completed forms to board@dshoa.com.**
3. Once you receive notification that you have been added, download the "Openpath" application from your phone's app store (see next page). This is the only way to have access to the Fitness Center.
4. When you come to the Fitness Center, you just make sure to have the app open and put your thumb on the panel at the entrance to the Fitness Center (downstairs at the pool gate) and the door will open. Make sure the door closes behind you completely.
5. Once you enter the main door, you will need to open the interior door to the Fitness Center the same way. Make sure the door closes behind you completely.

NOTES:

- If you need to use the restroom, be sure to take your phone with you to get back into the Fitness Center, otherwise, you will be **locked out**.
- Everyone using the gym will be **recorded by security cameras at all times** (except in locker rooms).
- Any violation of the rules will result in **immediate suspension** from the Fitness Center, and potentially all other amenities.
- Any damage to the equipment, clubhouse, etc. will be considered vandalism and criminal charges will be filed.
- **It may take up to 72 hours to have your application entered into our system**, but you will receive confirmation once approved.
- **Please be respectful of others and wipe down all machines with each use.**

FITNESS CENTER RULES, REGULATIONS, & REGISTRATION

The Dominion Station HOA Fitness Center, which includes the exercise/weight room ("Fitness Center"), is a fully-functioning exercise facility which includes treadmills, stationary bike, free weights, a rowing machine, and stability and balance-training items. Please enjoy the equipment, keeping in mind skill and strength levels. In the interest of ensuring a safe, sanitary, and fun fitness facility, the following policies have been adopted by the Dominion Station Homeowners Association, Inc. The Association's Board of Directors reserves the right to revise and/or introduce additional rules as deemed necessary for the proper operation of the Fitness Center.

If you wish to use the Fitness Center, you must sign and return the Waiver Form along with the Membership Application, both of which are available on the website.

The Membership Pass will be used to open the Fitness Center to gain entry to the outer doors, as well as the Fitness Center. Patrons should have and maintain their phone with the Membership Pass in their possession whenever they are using the Fitness Center.

Only household residents of Association members in good standing with the Association may use the Fitness Center. "Good standing" is defined as being current in assessment fees and having no outstanding violations. The Board may suspend use for members who are delinquent in their assessment payments, for a violation of the Association's Legal Documents and/or for a violation of these Rules and Regulations.

In the event of an injury to someone using the Fitness Center, others present are expected to provide immediate emergency assistance and to call 911 to seek professional emergency response.

1. The Dominion Station Fitness Center will be available for Dominion Station Resident-Use Only (**no guest(s) permitted**) 24 hours per day/ 7 days a week. These hours are subject to change by the Association.

2. Access holders **may not** allow other individuals to use their access or entry into the Fitness Center. This includes unauthorized users who accompany them, non-residents and/or guest(s). **All persons who enter the Fitness Center must have their own access and shall be authorized users of the Fitness Center. Doors shall not be propped open and members shall not open doors for individuals asking to be let into facility. Members who allow entry to individuals who are not authorized may be subject to suspension of privileges.**

3. Use of the Fitness Center and equipment is solely at the user's own risk. Dominion Station Homeowners Association, Inc. and SFMC, Inc. and its' agents make no representations or warranties as to the safety or reliability of the equipment and are not responsible for injury, illness or death from any cause, whether proper or improper use of the equipment or equipment failure. It is highly recommended that persons desiring to exercise seek the advice of a doctor prior to beginning an exercise program and that patron's use the "buddy system" and have someone accompany them while using the facility. All persons who utilize the Fitness Center exercise equipment do so at their own risk. Members assume the full risk of loss and responsibility for damage to health from the use of the Fitness Center. Members should consult a physician before using the Fitness Center.

4. No person exposed to COVID within 10 days, those diagnosed with COVID, nor anyone exhibiting COVID symptoms may use the fitness center. Additionally, the fitness center is also not being regularly cleaned to COVID requirements. Use at your own risk.

5. Persons under the age of 16 are not permitted to enter or use the Fitness Center. Persons ages 16 through 17 may utilize the Fitness Center **only** when accompanied by a parent, legal guardian, or an adult at least 18 years of age who are also authorized access holders.

6. Equipment **must** be wiped down after use with provided supplies. Members are responsible for disposing of all trash (i.e., water bottles, paper towels, etc.).
7. Headphones or earbuds are required when listening to music, videos or any other cell phone or tablet application requiring sound. Please limit phone calls while others are in the gym as not to disturb.
8. Appropriate workout attire is required at the Fitness Center such as tee shirts, tank tops, gym shorts, or warm-up pants. Shirts must be worn at all times. Only aerobic or court shoes shall be worn. No open toe or open heeled shoes, sandals, or flip-flops are permitted. Swimwear is prohibited.
9. Food, glass bottles, soda cans, tobacco, drugs, and alcohol are strictly prohibited. Water bottles are allowed and a water fountain to fill them is located near the lifeguard desk in the Locker Room Hallway.
10. Equipment must be shared. No more than 30 minutes on any machine when others are waiting. Allow others to "work in" when doing multiple sets. Do not rest on equipment between sets.
11. The Fitness Center may not be used for the purpose of "personal training" of other individuals. At no time shall persons bring in "clients" or conduct any personal training, group or health-related business of any kind, without prior written consent of the Association.
12. Residents shall ensure the security of the building while inside the Fitness Center. This includes (but is not limited to) ensuring the doors are securely closed, locked, and not propped open for others to enter; that windows are closed and locked; and lights in the hallways and bathrooms are turned off if they are the last person to leave the Fitness Center.
13. Horseplay, profanity, disruptive conduct, and indiscreet behavior are strictly prohibited and are subject to temporary or permanent suspension of Fitness Center privileges.
14. Penalties for violations will be enforced: a. First offense: A written warning will be issued. b. Second offense, or major offense: Suspension of Fitness Center privileges.
15. Violations can be reported to HOA management at 703-392-6006 ext 277 or sfmc@dshoa.com.
16. **Please note that there are cameras installed throughout the fitness center, hallways, and at all entrances. Persons in these areas are being recorded at all times.**

 By signing below, I acknowledge that I have read, understand, and agree to abide by these rules **at all times** while using the Fitness Center. This must be completed by all persons 18 or older requesting access. **We cannot give you access without your email address and phone number.** Parents or Authorized Guardians who live at the same onsite address as the minor(s) below must complete this form to bring their minor(s) aged 16-18 to the Fitness Center and understand that they are responsible for the safety, care, and adherence to the rules by this/these minor(s) **at all times**.

 Name Signature Date

 Onsite Address D.O.B. Status (Owner, Renter, or Resident)

 Email Address Phone Number

 1st Minor's Name D.O.B. 2nd Minor's Name D.O.B.

FITNESS CENTER WAIVER

In consideration of my use of the exercise equipment and facilities provided by Dominion Station Homeowners Association, Inc., I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the company and its insurers, management, officers, directors, and associates, shall not be liable for any damages arising from personal injuries (including death) sustained by me, in, on, or about the premises, or as a result of the use of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the Association.

By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me, and I hereby fully and forever release and discharge the company, its insurers, management, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold the company harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages I may sustain me.

I agree to be solely responsible for safety and wellbeing of my myself and registered minor(s) ages 16-18. I understand that the company does not provide supervision, instruction, or assistance for the use of the equipment.

I agree to comply with all rules imposed by the company regarding the use of the facilities and equipment. I agree to conduct myself in a controlled and reasonable manner at all times, and to refrain from using any equipment in a manner inconsistent with its intended design and purpose.

I understand and acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death.

I understand and agree that the company is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I understand and agree that my use of the facilities and equipment is only to be undertaken on my own personal time, and that my use of the facilities and equipment is not within the course or scope of my employment.

I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT. PARENTS OR AUTHORIZED GUARDIANS WHO LIVE AT THE SAME ONSITE ADDRESS MUST COMPLETE THIS FORM TO BRING ALONG THEIR MINOR(S) AGED 16-18 AND UNDERSTAND THAT THEY ARE RESPONSIBLE FOR THE SAFETY, CARE, AND ADHERENCE TO THE RULES OF THIS/THESE MINOR(S) AT ALL TIMES AND THAT THIS LIABILITY WAIVER ALSO APPLIES TO THEIR MINOR(S) LISTED BELOW.

Name Signature Date

Onsite Address D.O.B. Status (Owner, Renter, or Resident)

Minor's Name D.O.B. Minor's Name D.O.B.

Unlocking the door just became keyless and effortless

Openpath is proud to be your access control provider, we are on a mission to redefine the way you interact with your building, starting at the front door.

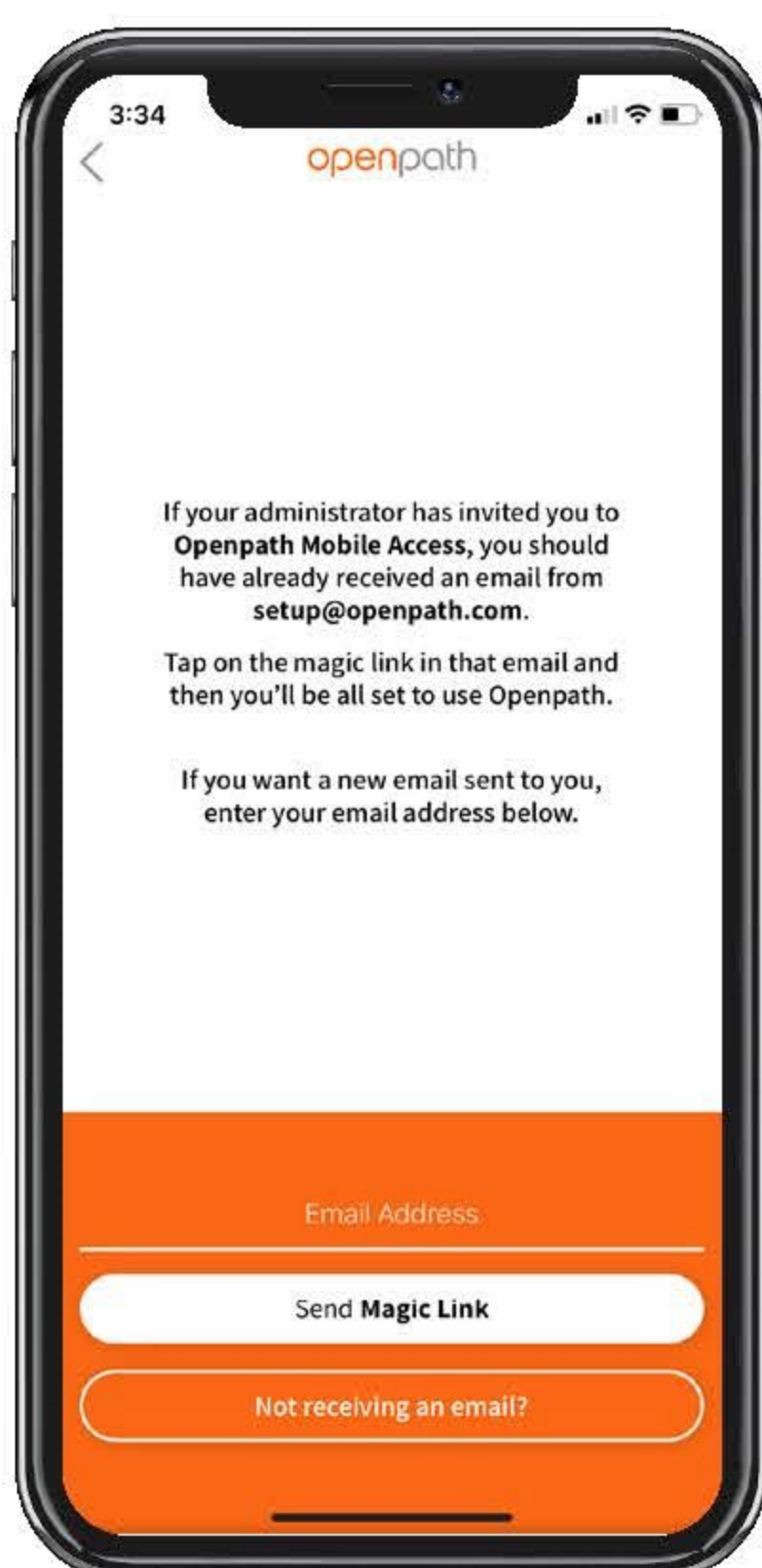


Getting Set Up on Openpath (In less than a minute!)

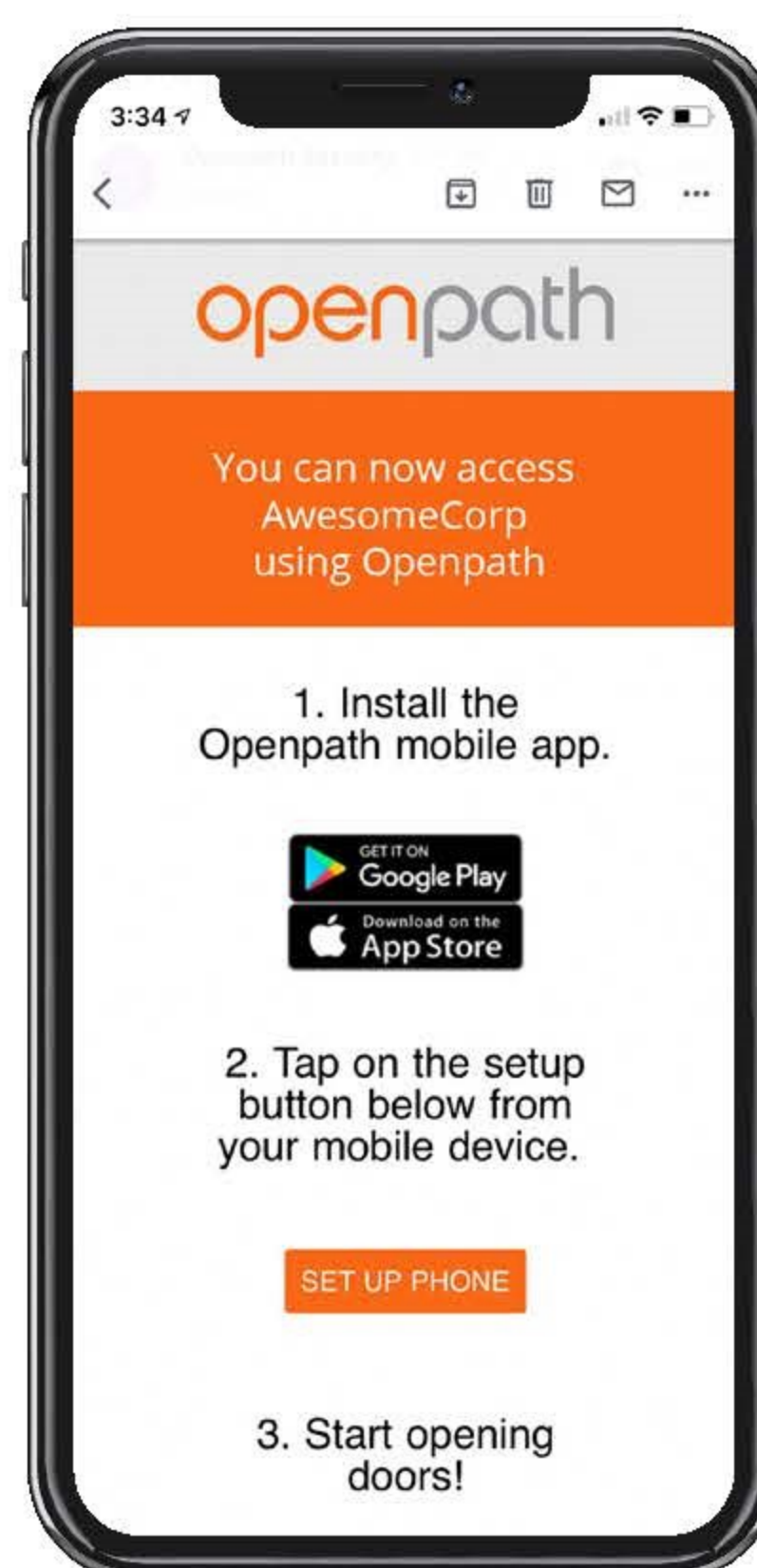
Step 1:
Download App



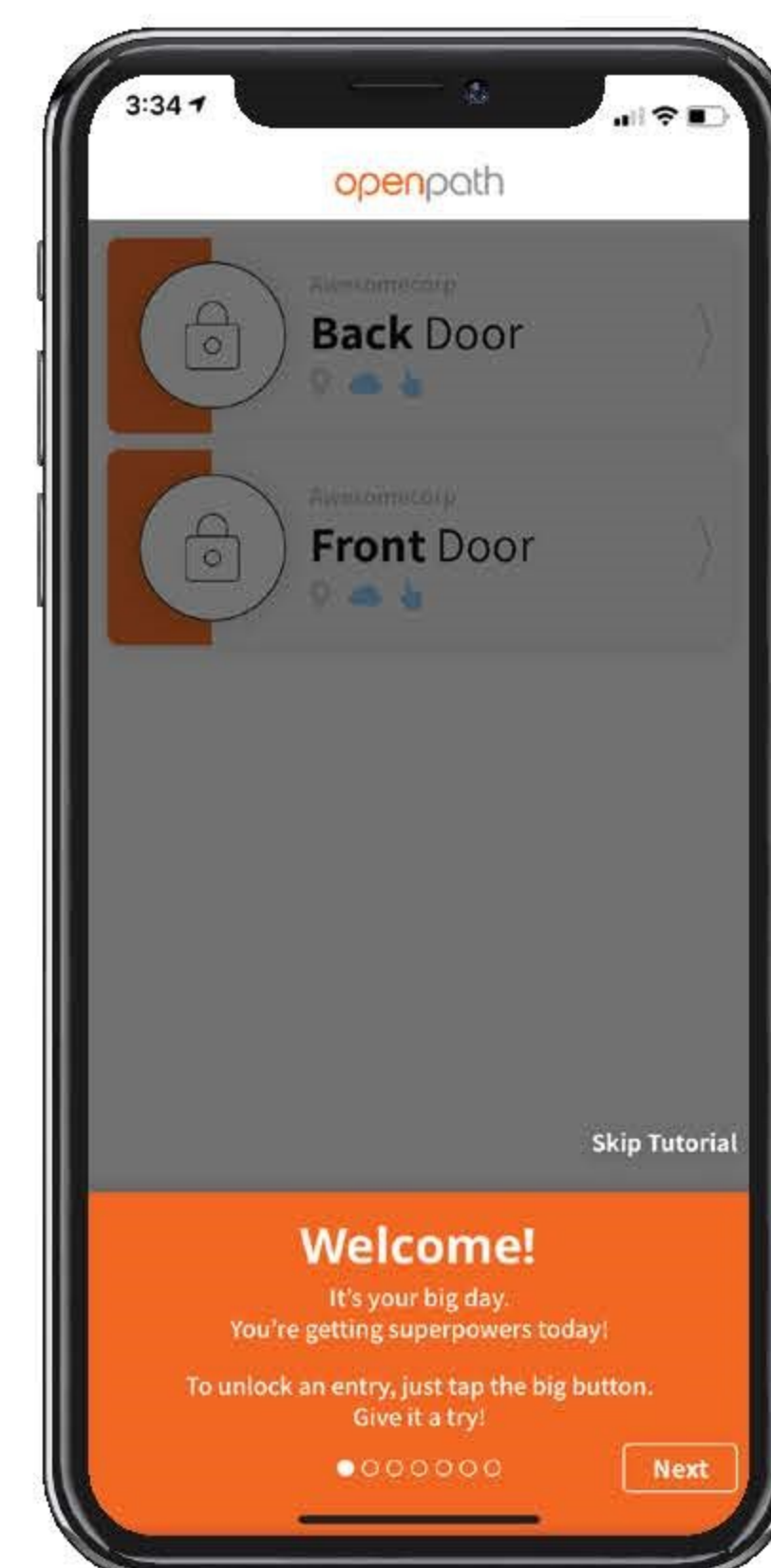
Step 2:
Run App > Enter email address for your account



Step 3:
Click on Magic Link in email > takes you to the app



Step 4:
Click through Tutorial



(do this on your phone and not your computer)

Benefits of your new Openpath System:

Touch to unlock. Use your phone to unlock the door without needing to take it out of your pocket or bag.

Mobile credentials. Use your phone to unlock the door.

Guest Pass. Send a temporary “key” to a visitor via text or email, they don’t need the app.

Supports keycards and fobs. Openpath provides encrypted keycards and fobs or works with existing credentials if you’d like to keep the ones you have.

Universal credential. Use a single credential for all entries (door, elevator, parking garage, turnstile)

Supports iOS + Android + Apple Watch + iPads

openpath

To learn more: 1-844-673-6728 | support@openpath.com