



FACILITY RULES

All persons entering the TOP 24/7 facility agree to comply with the following rules. Failure to follow these rules may result in permanent expulsion from the facility and monetary penalties, if applicable.

Facility Access

1. All persons must check-in when entering the facility, as follows:
 - a. **MEMBERS** are persons who purchase a TOP 24/7 membership (Unlimited or Gold). All Members must check-in at the front desk when entering the facility;
 - b. **GUESTS** are non-members who attend with a Member. They are encouraged to register and pay in advance on our web site and check-in at the front desk using the automated system. If not possible in advance (e.g., guest does not have credit card), they must complete paperwork (Waiver and Rules Acknowledgment forms) at front desk and pay the guest fee via Venmo (@Topofthepodium) before engaging in any activities at the facility. Guests do not need a code to access the building since they are attending with a Member;
 - c. **WALK-INS** are non-members who do not attend with a Member. They are required to register and pay in advance on our web site and check-in at the front desk using the automated system. Visitors may not bring Guests. They are provided with a code in advance to enter the building.
 - d. **SPECTATORS** are persons accompanying Members or Walk-Ins and must complete paperwork at front desk. They are not permitted to use equipment or be on mats. Spectators must be a family member of the authorized user (Member or Walk-In) they are accompanying.
2. Members and Walk-Ins assume full responsibility for any person they bring into the facility who hasn't completed necessary waivers and forms. Most commonly, this includes Spectators or Guests who haven't yet paid and completed necessary forms. As noted above, such persons must complete the required paperwork and pay, if applicable, at the front desk. If this fails to happen, the accompanying member is responsible for payment and damages, if applicable, incurred by these persons.
3. Except in the event of emergency, no person should open an exterior door to allow persons to enter the facility, unless such person is a Guest or Spectator of the person. Upon entering, these persons must check in, as described above. It is essential that Members and Walk-Ins entering building use the HybridAF app to unlock door and enter building for security purposes.
4. Adults (unless a family member or legal guardian) cannot be alone with minor children in the facility.

5. All persons must exit through the main door (used for entering), except during an emergency, and ensure doors are locked behind them. If nobody else is in the facility, please turn off lights. Only the one main door should be used for entry/exit, except in the case of emergency.

General Rules

1. All persons should treat the facility as if it's their own facility. A "leave no trace behind" policy is in effect. Trash should be picked up and disposed of in provided containers. Spills or other messes should be promptly cleaned up.
2. All equipment should be used as intended. Misuse of equipment resulting in damage is the responsibility of the user.
3. All gear, clothing, etc. should be removed from premises upon leaving. The Lost & Found bin will be purged frequently.
4. All persons should be respectful of other persons in the building. This means refraining from foul or offensive language and not monopolizing equipment or space. Bullying is prohibited.
5. Serious injuries that occur on the premises should be reported to TOP 24/7 staff. Contagious skin infections should be promptly reported to facilitate enhanced cleaning procedures.
6. When other persons are present in the workout area, music should not be played via external speakers. At all times, explicit music is prohibited.
7. Alcohol, smoking/vaping, and illegal drugs are strictly prohibited.
8. Inappropriate behavior, language, or activities are not permitted.
9. Children must be supervised at all times.
10. All persons in the facility acknowledge surveillance cameras are used to monitor activities and facilitate safety.

Wrestling Mat Usage

1. Mats must be cleaned after usage. Detailed cleaning directions are posted in each wrestling area. The downstairs area is cleaned with the Sterilaser machine. The upstairs room is cleaned with the provided mop. TOP will also clean mats on a periodic basis but provides no guarantees they will be clean at any particular instance. Therefore, we also recommend cleaning mats before usage for additional assurance. Users who choose not to do this assume any risks.
2. Food or drink (except water) is not allowed on the mats.
3. Street shoes, watches, jewelry, zippers, and sharp objects are prohibited on the mats.
4. Inappropriate behavior or "horseplay" is not permitted.

5. Do not wrestle or engage in physical contact near windows or un-matted areas.
6. In the event blood gets on mats, please clean up with DEFENSE wipes (or other provided wipes). These wipes are normally stored in the Safety Station on the first floor (near sink).

Equipment Usage

1. Clean equipment with wipes after each use.
2. Adhere to all safety rules posted throughout the building. Do not use equipment unless able to execute with proper technique to avoid possibly injury. To reduce risk of possible injury, consult a doctor before beginning any exercise program.
3. When using Climbing Rope, persons must follow the instructions posted on wall near the rope. It is critical not to touch any ceiling tiles or objects above the tiles.
4. When using Truck Tires, persons must follow the instructions posted on wall near tires. Tires should never be taken outside and extreme care must be exercised to avoid damaging or scuffing walls.

Restroom Usage

1. Restrooms should be treated with respect. Cleanliness rules posted in the restroom must be followed.

Questions about rules should be directed to Tom Houck

tomh@topofthepodium.org

or text to 703-509-3728.