

THE GLENHAM FIRE DISTRICT STANDARD OPERATING GUIDELINE, PROCEDURE AND/OR POLICY	SUBJECT NO. GFD-43-30
DEPARTMENT: Glenham Fire Department SUBJECT: Fitness and Health – Gym Membership	
<u>CROSS-REFERENCE:</u> GFD-43-01 Organizational Statement & General Overview; GFD-43-17 Physicals and Fit Testing for all Firefighters	

Original date of issue: 06/2023

Reviewed:							
Revised:							

Purpose

To assist in the ability of our members to achieve physical fitness and health goals, The Glenham Fire District Board of Fire Commissioners (The Board) is pleased to offer our Active Members a reduced cost membership at Gold’s Gym at 982 Main Street in Fishkill.

- Gold’s Gym has waived the \$20.00 per member enrollment fees and is offering the fire district a First Responder’s rate of \$37.99 (vs. \$43.00) a month per person enrolled.
- The Board is further reducing that cost to members to a flat \$15.00 per month, with the district absorbing an additional \$22.99.

Board’s Responsibility

The Board will provide Gold’s Gym with the necessary bank information to pay for the membership via ACH Debit monthly. An accounting of each member’s monthly usage will be provided for by Gold’s Gym and it will be evaluated by The Board to ensure an appropriate usage of the gym membership is taking place by each member. It has been decided that a minimum use of the gym of four (4) days per month will be required to keep the members access in an active status. If it is deemed that a member has not met this requirement for at least two consecutive months, the membership will be terminated immediately unless said member has discussed his/her reasons with The Board in advance and continued access has been granted pending future verification of use.

Member's Responsibility

Each member who opts to sign-on with Gold's Gym, under the fire district account, will be responsible for a full year's payment (12 months) up front in the amount of \$180.00, payable to "The Glenham Fire District." Upon payment of the said amount the member will proceed to enroll for membership, under the district billing account, directly with Gold's Gym and will be able to use the facilities immediately. The members will be responsible for complying with any and all of the gym's rules. Members will need to meet the district gym use requirement of at least four (4) times per month and be aware that after two consecutive months of not meeting this requirement, they will be dropped unless arrangements have been discussed and agreed upon by The Board.

Activating Membership

Each member who has district approval and has paid their first year to the district will follow-up with our member services representative (currently Lou Miller or Jeff Janos) to fully enroll and activate their membership. You will be required to provide your personal information as well as proof of active fire department membership to complete the enrollment.

Exceptions

If a gym member has advanced awareness of the need to miss a succession of months of being able to use their gym membership, they can put their membership "on hold" providing The Board has been made aware before doing so. Gold's Gym will allow the member status to be placed on hold for up to four (4) months for any reason at a cost of \$5 per month which will need to be paid to the district by the member. Holds up to six (6) months are allowed for medical reasons for no hold fees.

Termination

The termination of a members gym membership, whether by The Board or voluntarily by the member, will follow the rules of this policy. This is typically accomplished after one full month's billing by Gold's Gym to the fire district. The Board will determine the number of months remaining on the year's advanced payment and refund any remaining amount prepaid to the member at \$15.00 for each month.

Example: a member who terminates and has six months remaining will be refunded the balance of \$90.00 (6 months x \$15.00).

Fire District Sponsored Gold's Gym Membership Agreement

I, _____, attest that I have read and understood the Glenham Fire District policy GFD-43-30 Fitness and Health - Gym Membership. I also attest that by my signature below I will abide by the payment and usage requirements contained therein.

Members Printed Name

Members Signature

Date

Commissioners Printed Name

Commissioners Signature

Date

REVISION HISTORY			
Rev	Description of Change	Author	Effective Date