



General Policies

- I understand the CrossFit location is under 24/7 video surveillance and agree to be recorded.
- Showers and restroom access are shared spaces, and it is up to all members to keep these areas clean and accessible. If it is determined that any member is either misusing their access or creating a less desirable environment, the member's membership may be cancelled with immediate effect. These judgements will be made by management and decisions are final.
 - The use of any electronic device capable of audio and or video recording, including but not limited to mobile devices in the restrooms are prohibited.
 - Please keep water usage to a minimum to ensure hot water are available to all other members.
- Using any locker without the consent of CrossFit Griffon is prohibited. Any personal items found in a locker that was not assigned to a member will be discarded without warning. The lockers may only contain personal items with no flammable, valuable, explosive, illegal or similar items allowed. CrossFit Griffon has the right to clear out any locker at any time if deemed necessary. The locker must be cleared out at least 24hours before a member's membership expires.
- No solicitation of services and or products will be conducted on CrossFit Griffon premises or leveraging the tools and or

services sponsored or created by CrossFit Griffon without the written permission of CrossFit Griffon.

- The use of the CrossFit Griffon name, location and or logo without written permission by CrossFit Griffon is strictly prohibited.

Equipment and Attendance Rules

- Safety and a positive environment for our members is our top concern and that includes keeping equipment in the same functional state as they were designed. To that end the following rules will be strictly enforced:
 - Barbell Clips / Clamps must be present on all barbells when loaded with weights. No exceptions.
 - Cleaning of equipment must be done after each workout. This includes wipe down of machines and brush cleaning of barbells
 - All equipment must be returned to their proper location after each workout
 - NO DROPPING OF PLATES BELOW 25lb
 - No usage of any equipment without a CrossFit Griffon trainer on the floor. This includes open gym sessions.
 - Follow instructor's instructions
 - Verbal or physical confrontation with other members will not be tolerated under any circumstances
- Continuing disregard of these rules or causing general safety concerns may lead to the member's membership being cancelled with immediate effect. Members that pre-paid (non-month to month members) rates will forfeit 100% of their remaining balance.
- Members must reserve their spot for classes via the designated app prior to class. Any member that does not do so may be turned away from class.
- Members that reserve a spot but does not show for class may be charged a \$25 no show fee.

- In the event that activities are being held outside (running, tire flipping etc.) be aware of your surroundings at all time. Cars are present all around and CrossFit Griffon takes no responsibility with regards to injury.
- Please be courteous to our neighbors.

Social Media Policies

- No posting pictures of children without the permission of their parents.
- We encourage members to share their positive experiences on social media and members are free to use the CrossFit Griffon Logo and or name in these posts.
- Members understand and agree that they might be recorded and or photographed for social media and or advertising purposes.
- Please keep things positive. Any disparaging remarks that can be linked to CrossFit Griffon even when posted on non-CrossFit Griffon supplied services and or platforms can result in a members' membership being cancelled.

Gift-card Policies

- Unless otherwise noted, gift-cards and / or vouchers have a 1year expiration date.
- Only gift-cards and / or vouchers that can be validated by CrossFit Griffon as original will be honored.
- Gift-cards and vouchers are transferable prior to first use (see terms below). Once it has been claimed, the associated membership or other benefit is non-transferable.
- Gift-cards and vouchers have no monetary value and may not be sold or exchanged for any other item or service of value.

Privacy Policy

Privacy Policy of CrossFit Griffon

CrossFit Griffon operates the <https://crossfitgriffon.com> website, which provides the SERVICE.

This page is used to inform website visitors regarding our policies with the collection, use, and disclosure of Personal Information if anyone decided to use our Service, the CrossFit Griffon website.

If you choose to use our Service, then you agree to the collection and use of information in relation with this policy. The Personal Information that we collect are used for providing and improving the Service. We will not use or share your information with anyone except as described in this Privacy Policy. Our Privacy Policy was created with the help of the [Privacy Policy Template Generator](#).

The terms used in this Privacy Policy have the same meanings as in our Terms and Conditions, which is accessible at <https://crossfitgriffon.com>, unless otherwise defined in this Privacy Policy.

Information Collection and Use

For a better experience while using our Service, we may require you to provide us with certain personally identifiable information, including but not limited to your name, phone number, and postal address. The information that we collect will be used to contact or identify you.

Log Data

We want to inform you that whenever you visit our Service, we collect information that your browser sends to us that is called Log Data. This Log Data may include information such as your

computer's Internet Protocol ("IP") address, browser version, pages of our Service that you visit, the time and date of your visit, the time spent on those pages, and other statistics.

Cookies

Cookies are files with small amount of data that is commonly used an anonymous unique identifier. These are sent to your browser from the website that you visit and are stored on your computer's hard drive.

Our website uses these "cookies" to collection information and to improve our Service. You have the option to either accept or refuse these cookies and know when a cookie is being sent to your computer. If you choose to refuse our cookies, you may not be able to use some portions of our Service.

For more general information on cookies, please read ["Cookies" article from the Privacy Policy Generator.](#)

Service Providers

We may employ third-party companies and individuals due to the following reasons:

- To facilitate our Service;
- To provide the Service on our behalf;
- To perform Service-related services; or
- To assist us in analyzing how our Service is used.

We want to inform our Service users that these third parties have access to your Personal Information. The reason is to perform the tasks assigned to them on our behalf. However, they are obligated not to disclose or use the information for any other purpose.

Security

We value your trust in providing us your Personal Information, thus we are striving to use commercially acceptable means of protecting it. But remember that no method of transmission over the internet, or method of electronic storage is 100% secure and reliable, and we cannot guarantee its absolute security.

Links to Other Sites

Our Service may contain links to other sites. If you click on a third-party link, you will be directed to that site. Note that these external sites are not operated by us. Therefore, we strongly advise you to review the Privacy Policy of these websites. We have no control over, and assume no responsibility for the content, privacy policies, or practices of any third-party sites or services.

Children's Privacy

Our Services do not address anyone under the age of 13. We do not knowingly collect personal identifiable information from children under 13. In the case we discover that a child under 13 has provided us with personal information, we immediately delete this from our servers. If you are a parent or guardian and you are aware that your child has provided us with personal information, please contact us so that we will be able to do necessary actions.

Changes to This Privacy Policy

We may update our Privacy Policy from time to time. Thus, we advise you to review this page periodically for any changes. We will notify you of any changes by posting the new Privacy Policy on this page. These changes are effective immediately, after they are posted on this page.