



Guidelines and Policies for Child Care

1. Children must be at least 4 months old to use the child care room.
2. There is a 1½ hour limit for all children regardless of their age. There is a late pickup fee of \$10. Continual late pickup will result in loss of child care privileges.
3. Child care is complimentary for Elite Access members of Gold Medal Fitness and members of CrossFit, Fit Body Boot Camp, Wheel House or Brazilian Jiu Jitsu. *All others members pay \$10 per visit.*
4. When arriving, parents should sign children in at the front desk including entry time and location of workout. When leaving, parents sign out with the exit time. *Children may not be checked in within 30 minutes prior to child care closing.*
5. There is a limit of one child care visit per session (morning/evening).
6. Parents must remain in the building or the CrossFit building at all times.
7. For safety reasons and in consideration of others, children are not allowed in other areas of the club. Children may also not be left unattended in the lobby area or outside the building.
8. Sick children are not allowed in the child care room. Staff members will ask parents to pick up children who exhibit symptoms of illness.
9. Due to food allergy concerns, no snacks are allowed in the child care room. Parents *MAY* bring a spill proof cup or bottle with water, juice or milk/formula *labelled with the child's name.*
10. Parents must bottle feed children too young to feed themselves.
11. Parents are responsible for changing their children's diapers and will be called as needed. Parents will also be called to assist children of toilet training age who need help with the bathroom facility.
12. The staff understands that some children take time adjusting to a new environment. Parents may be called, however, for children who are crying and cannot be consoled or are screaming or acting out in an unsafe way.
13. Gold Medal Fitness reserves the right to terminate or suspend child care privileges for failure to follow these policies or other directives/instructions from Gold Medal Fitness staff members.