

24/7 Access Rules

1. Have a current CrossFit Salvo/Salvo Sports Performance Membership
2. Been a member for at least 3 months OR has passed a proficiency test with one of our trainers.
3. No 1RM efforts, rope climbs or muscle ups alone in the gym.
4. Door is to remain locked at all times, no one who is not a cleared member with access privileges can be in the gym.
5. Allowing non-members into the gym will lead to removal of athlete's 24/7 access privileges.
6. No kids or pets allowed
7. Salvo is not responsible for anything you choose to do while you are in the gym.
8. Live streaming cameras in every room 24 / 7.
9. Classes are first priority
10. Put equipment back
11. Turn lights off if you are the last person
12. Be safe at all times
13. In case of an emergency **DIAL 911**, phone will be available.
14. Athletes are required to sign in and sign out
15. No outside Personal Training allowed
16. No retail purchases allowed. (FitAids, etc.)

****CrossFit Salvo/ Salvo Sports performance has the right to revoke 24/7 Privileges if rules are broken****