



American Family Fitness Mechanicsville Infant and Child Guidelines

HOURS

8am-9pm Monday-Thursday

8am-8pm Friday

8am-5pm Saturday

9am-5pm Sunday

In an effort to make every child's stay a safe and comfortable one, the following guidelines have been established

- Parents must accompany their child into the Kid Zone and make the staff aware of their arrival and any special instructions. Please be sure your child is comfortably settled before proceeding to your workout.
- Please make sure your child is signed in and out accordingly. For safety reasons, you and your child will be given a sticker with matching numbers.
- A photo ID may be required for any other person who may be picking up your child, even if it is designated and approved on the sign in sheet.
- All children must be on your membership plan and checked into the front desk before entry into the Kid Zone
- Anyone dropping off or picking up must be over the age of 18, this includes siblings. Any child who is not a member must be signed in by their parent or legal guardian. Non-member children being baby sat are not allowed in the facility.
- All parents must stay in the building when their child is in the Kid Zone. Except in the cases of pre-scheduled Parents Night Out and Parents Morning Out
- Please do not bring sick children into the Kid Zone. (examples: cold, flu, pink eye, fever, or diarrhea) If your child is too sick to go to school then your child is too sick to come to the Kids Zone. We reserve the right to determine if your child is too sick to be in the Kid Zone.
- A 2 hour time limit per visit is strictly enforced. There must be at least one hour break between visits on the same day
- Parents are responsible for letting us know if there are any special needs, allergies or medical conditions.
- Children need to be clean and dry before they arrive at the Kid Zone. We will change children under the age of 2 if necessary; please provide diapers and wipes. Please let us know if your child is potty training and if we have permission to assist them. We reserve the right to locate a parent for a diaper change.
- Infants must be 6 weeks old to enter the Kid Zone.

- Infant reservations must be made for any child less than 12 months or not walking. May be made on a weekly basis or a minimum of 24 hours before your planned visit. Same day appointments are discouraged and may not be available. A 15 minute grace period will apply to all reservations. 2 hour maximum time limit applies.
- Upon infant arrival, please make sure the child is fed. However, we will give pre-mixed or pre-measure bottles to infants. We will hold the child for comfort; however we may not be able to hold the baby the entire time.
- Toys from home are discouraged with the exceptions of blankets and stuffed animals for comfort. Cell phones, personal computers and personal gaming devices are not permitted in the Kid Zone. AFF is not responsible for any lost or stolen items.
- Kid Zone cannot administer any medication; including, but not limited to, ointments for diaper rash, etc.
- You may provide dry snacks for your child (pretzels, chips, and goldfish.) Chewing gum, candy, fast food, popcorn, nuts, or items containing **PEANUT BUTTER** are not permitted. Drinks are allowed in a spill proof container with lid.
- Please label all cups, bottles, diaper bags, etc. with your child's name.
- If your child is upset for more than 10 minutes, we will locate you to comfort your child. You are free to continue your workout once your child is settled.
- For new members with children who experience separation anxiety, it will take approximately two (2) weeks consistency for the child to adjust. It is advised for you to come as often as possible, and leave the child for a short period of time, lengthening the time at each visit.
- Children must be at least 4 years old and signed into the Kid Zone to attend Pool Play.
- If the behavior of your child is unacceptable, we may need to place your child in "time out", if the behavior continues, we may locate you in the club. We reserve the right to ask that your child be removed from the Kid Zone for the day.
- If your child bites or punches another child, we will ask that you remove your child from the Kid Zone for the day. If your child bites or punches within the same week, then your child will be suspended from the Kid Zone for 7 days.
- Children over the age of 3 years old are not permitted in the locker room of the opposite sex. Please use the family changing room located in the pool area.

We hope you and your child will enjoy the services provided by the Kid Zone. It is our desire that each child have a positive, safe, and fun experience on each and every visit.

Parent Name (please print): _____ Date: _____

Parent's Signature: _____ Date: _____