



Club Membership Attire Policy: Personal Hygiene

At **The Tucson Racquet and Fitness Club**, we prioritize the health, comfort, and safety of all our members. Personal hygiene is not only essential for individual well-being but also contributes to a positive and respectful environment for everyone utilizing our facilities. To ensure a pleasant experience for all, we have established the following guidelines regarding personal hygiene:

We maintain a standard of respect and professionalism within our gym environment. To uphold this standard, we require that all members adhere to the following guidelines regarding workout attire:

1. **Shower Facilities:** We encourage all members to utilize the shower facilities available at our gym before and after their workouts. This helps maintain cleanliness and prevents the accumulation of sweat and odor.
2. **Clean Workout Attire:** All members are required to wear clean workout attire while using the gym equipment or participating in classes. This includes clean shirts, shorts/pants, socks, and appropriate footwear.
 - **No Offensive Clothing:** Members are prohibited from wearing clothing that contains profanity, offensive language, or images that may cause discomfort or offense to others.
 - **No Nudity or Pornography:** Attire must not feature nudity, explicit imagery, or pornography. This includes clothing with graphic sexual content or suggestive imagery.
 - **Respect for Sexual Orientation:** Clothing should not contain derogatory or discriminatory language or symbols related to sexual orientation or identity.
3. **Wipe Down:** Please use towels provided by the gym to wipe down equipment after use. Additionally, it is recommended to bring a personal towel to wipe away sweat during workouts to maintain personal hygiene and prevent the spread of bacteria.
4. **Deodorant and Personal Care Products:** We strongly encourage the use of deodorant and other personal care products to maintain personal freshness and minimize body odor. Members are expected to apply these products before entering the gym.

5. **Proper Hygiene Practices:** Practice good hygiene habits, including regular handwashing with soap and water, especially after using restroom facilities. Members are also encouraged to use hand sanitizer stations located throughout the gym.
6. **Footwear:** Proper footwear is required at all times while using gym facilities to ensure safety and hygiene standards are met. Please refrain from walking barefoot or in socks.
7. **Respect for Others:** Be mindful of your fellow club members by maintaining personal hygiene standards. Offensive body odor or lack of cleanliness can negatively impact the experience of others.

Failure to adhere to these guidelines may result in a verbal warning, suspension, or termination of gym membership privileges, depending on the severity and recurrence of the issue.

Thank you for your cooperation in maintaining a clean and hygienic environment at The Tucson Racquet and Fitness Club. If you have any questions or concerns regarding these policies, please don't hesitate to contact us at 520-795-6960 or email info@tucsonracquetclub.com