

2024 Practitioner's Agreement

- The success of the Rise Above Center hinges on all practitioners communicating and working together to keep the center clean and functioning smoothly. Each practitioner agrees to uphold the Rise Above mission statement and follow the group procedures and structure.
- The building owner / coordinator (BOC) agrees to work together with practitioners to keep the bathroom toilet paper, soap, and paper towels stocked, checking supplies and cleaning on a weekly basis. The BOC and practitioners will come to an agreement on the schedule for vacuuming the lobby weekly and sweeping and mopping the fitness room as needed.
- Practitioners agree to keep the lounge area, bathroom entry room, bathroom, stairway, building entrance, and fitness room clean. If a participant tracks excessive dirt or mud the practitioner should vacuum the lobby or mop the fitness room where it occurs. Meeting chairs and tables should be clean and returned to their original locations, lobby chairs should be returned to their original locations, The lobby table should be free of food and garbage. The bathroom should be checked for spills or other messes and cleaned if needed.
- Practitioners agree to provide the BOC with up to date class schedules, descriptions, images, etc for posting on the <https://riseabovehwc.com> webpage.
- Practitioners are required to create a Facebook account, monitor the Rise Above Facebook page for questions, create posts for new classes, schedule changes, upcoming events, and to post class cancelations. Repeated cancelations of classes without Facebook notification posts will result in termination of the agreement. Please contact the BOC to be added as an admin for the Rise Above Facebook page. Participants should be informed to check the page for class schedule changes and cancelations.
- Practitioners are responsible for their own advertising. We encourage you to use the Rise Above Facebook page for your advertisements as well as explore other advertising and social media formats and creating flyers to post at local businesses.
- Practitioners agree to work together scheduling classes in the fitness room so all have an opportunity to use the space.
- No wall painting, wall hangings, or any other structure changes are allowed without consent from the BOC.
- No pets are allowed in the stairwell area, lobby, or upstairs rooms.
- The wellness center is a drug, tobacco, and alcohol free facility. Smoking is prohibited on the front steps of the building or on the sidewalk in front of the building. There is an alley just around the corner of the building. Cigarette butts should be thrown in the trash. Failure to notify participants and repeated offenses will result in termination of the agreement.
- Fitness instructor liability insurance is required for any class or workshop that involves physical activity. The insurance must list the BOC as additionally insured with a hold harmless clause. The practitioner must provide the BOC with a copy of this insurance before starting the class/workshop.
- Do not make copies of any room/building keys without consent from the BOC.
- Any building repairs needed should be reported to the BOC as soon as possible.
- Practitioners agree to work together when adding furnishings to the fitness room so everyone has input and are satisfied.
- Incense/sage/smudge can be used in small amounts as long as it does not impact any other activities. Small candles are also allowed in an activity room as long as they are inside an enclosing container.
- Heating thermostats are programmed to heat rooms based on the current class schedule. If the programmed settings are not sufficient for a recurring class please contact the BOC. If the practitioner needs to temporarily override the programmed setting, the HOLD feature must be cleared when the practitioner completes their class so the regular programmed schedule can resume. Air conditioners should be turned off when a room is not in use. A pattern of leaving heat thermostats in a HOLD override or leaving air conditioners on after the class is done will result in termination of the agreement.
- Practitioners may terminate the agreement at any time. All building and room keys must be returned, personal furnishings must be removed, and an in-person exit interview and walk-through with the BOC is required for the lobby and fitness room.

Date _____ Key(s) Issued _____

Practitioner	Address	() -	Cell: _____	Email: _____
Jeremy Dahlgren	Building Owner / Coordinator	(585) 750-0339	Cell: _____	jad0883@gmail.com Email: _____