

## FITNESS AREA POLICIES

1. Membership privileges may be revoked for inappropriate behavior or language, or for abuse of equipment and/or staff.
2. Appropriate clothing must be worn at all times.
  - a. Shirts must cover the entire chest and back
  - b. Shorts must be appropriate length
  - c. Closed toed/heeled shoes are required at all times while in the building
  - d. Jeans are not permitted on any leather upholstery
3. Report all injuries and/or any equipment concerns to a rec center Building Manager and/or the Manager of Wellness & Fitness.
4. Equipment must be used for its intended purpose only.
5. No dropping weights or equipment, or allowing weight stacks to slam. This includes dumbbells, barbells, kettlebells and weight stack machines.
6. Chalk is not permitted in the building.
7. Exercises that cannot be performed in a safe manner or pose any risk to others are prohibited.
8. The use of weight collars for all barbell exercises is required.
9. Re-rack all weights after use.
10. Removal of equipment from fitness area(s) is not allowed.
11. If you are performing multiple sets on a piece of equipment please allow others to work in with you.
12. It is recommended to use a spotter for help with free weight exercises.
13. Warming up and cooling down is recommended.
14. Gum, food and any beverage other than water are not permitted in the fitness areas or gymnasiums.
15. Books, bags and other belongings must be placed in a locker or checked in to a Fitness Kiosk.
16. Disinfect equipment before and after each use. Wipes and/or disinfectant spray are provided throughout the fitness areas.
17. A Health Screen Questionnaire is recommended prior to using the facilities for the first time.
18. New participants are encouraged to complete a Wellness Assessment with a Personal Trainer.
19. Members must be at least 13 years old to use the fitness areas and indoor track.
20. **Members between the ages of 13-17 years must complete a Fitness Orientation and be accompanied by a parent or guardian at all times.**

