



Fitness Room Guidelines

1. Participants must be 18 years of age to use the fitness room. Anyone under 18 years of age is not allowed in the fitness room.
2. No food, tobacco of any kind, gum, glass bottles, or cans are allowed. If you wish to carry a beverage with you, it must be water in a plastic container with a lid/cap. This is a smoke free campus.
3. Profanity, excessively loud, or suggestive language will not be tolerated.
4. All users are encouraged to bring a clean towel to use. Please wipe down cardiovascular equipment after use with the disinfectant wipes provided.
5. Participants should use extreme caution when using the cardiovascular equipment, total body gyms, and weights to avoid potential injury to themselves or others.
6. All equipment must remain in the area it was placed. Do not move equipment from one location to another.
7. All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment. Do not attempt to use equipment if unfamiliar with the proper use. Please ask for assistance from the Wellness Staff.
8. Appropriate exercise attire is required in the fitness room to ensure hygiene and safety. Shirts (covering midsection) and shoes (closed-toe athletic) must be worn. No flip flops, sandals, jeans, or street clothing.
9. No bags, coats, etc. are permitted in the fitness room. Please use the lockers in the locker room for your convenience. The Filling Home is not responsible for lost or stolen items.
10. Safety clips must be worn on treadmills at all times.
11. Replace your weights and other equipment in their proper place. Do not leave them on the floor.
12. Limit cardiovascular equipment use to 30 minutes during peak times.
13. The fitness room is not supervised. Please exercise at your own risk. Follow equipment instructions and note danger warnings for any improper use.
14. All accidents and injuries should be documented using the Commercial Liability Report and Commercial Liability Report Witness Statement turned into the Wellness Staff. Please report any equipment problems also to the Wellness Staff. Use the designated forms in the black file folder located across from the gray lock payment box.
15. You must have a valid Therapy Center/Wellness I.D. Card to gain admittance to the Therapy Center that is activated upon payment (cash or check).
16. Prior to facility use, all participants or responsible party are required to sign a liability release form and receive a facility orientation/fire safety instruction. The evacuation area for tornado emergencies is the locker room. If the fire alarm sounds, please leave the building using the nearest emergency exit.
17. In the case of an emergency, please dial 911 for assistance.
18. During Level 2 or 3 Snow Emergencies, the Therapy Center is closed.

These guidelines exist for the safety and respect of all participants. Therapy Staff reserves the right to ask anyone to leave for failure to comply with these guidelines. Any behavior deemed inappropriate may result in loss of one's access privileges.

I acknowledge that I have read and understand these guidelines.

Participant Signature: _____ Date: _____

Guardian Signature: _____ Date: _____

Authorized Agency Signature: _____ Date: _____

Accepted By: _____ Date: _____