

## **Fitness Center Policies**

The Fitness Center policies were created to make the CBC Fitness Center a safe, clean and non-intimidating environment. These policies must be followed by all participants. The participant acknowledges the existence of and need for certain rules concerning the use of the equipment, facilities, and other procedures related to activities in the Fitness Center. The participant agrees to abide by those rules and to make every individual effort to keep the equipment and the facilities in safe and usable condition.

- Only currently registered participants are allowed to access the CBC Fitness Center.
- ALL participants must have their current CBC ID card with a current quarter sticker on it. If needed staff on duty will check for current ID and refuse access without it.
- ALL participants must log into the Fitness Center computer and log out when leaving for ANY reason.
- You must log-in after changing into acceptable workout clothes and log-out before changing back into street clothes.
- Only water is allowed in the Fitness Center. Food, drinks, chewing tobacco, etc. are not allowed.
- Reading is allowed while exercising on cardio equipment. You must maintain a workout speed at all times. All participants understand that there is an increased risk of injury when reading while working out.
- Participants will use equipment safely and appropriately. Contact the staff on duty if you are unsure of how to use equipment or if there is any damage to the equipment.
- Participants are responsible for their own items while they are working out. The Fitness Center staff and CBC are not responsible for users' personal belonging or lost/stolen items.
- The lockers in the locker rooms are day use only – not overnight. You provide your own lock and lock your belongings up.
- Participants should follow the posted Health Guidelines and Recommendations and utilize the sanitation stations.
- Use of cell phone (talking and photography) is not allowed.
- Staff can disallow workout time for not complying with the Fitness Center policies.
- All participants must complete and sign a CBC Waiver and Release of Liability before using the CBC Fitness Center or participating in its programs.

### **Workout Clothing**

- All participants must wear a sleeved T-shirt. No tank tops or sleeveless shirts allowed. T-shirts must cover the entire shoulder and abdomen.
- A clean, athletic type shoe must be worn at all times.
- All clothing must be free of exposed abrasive objects, zippers, buttons, or any other items that could scratch or damage the equipment.
- Clothing must be free of any disruptive or inappropriate slogans, pictures, or logos.
- If not properly attired, you will not be allowed to workout.

### **Common Courtesy in the Workout Area**

- People doing the circuit training have the right-of-way. Anyone wishing to use the machines in the circuit must always yield to participants doing the timed circuit.
- Allow others to work in with you between sets while using free weights or other equipment.
- Place the weights back on the rack, in the proper order, when you are finished with them.
- Treat everyone in the Fitness Center with respect and dignity.