

HEALTH AND WELLNESS CENTER RULES AND REGULATIONS

To ensure the best experience for everyone, we kindly ask that you adhere to the following rules and regulations:

General Conduct:

1. **Respect for All:** Treat all with respect. Harassment, intimidation, or any form of disrespectful behavior will not be tolerated.
2. **Attire:** Always wear appropriate center attire. Closed-toe athletic shoes, shirts, and athletic bottoms are required.
3. **Safety First:** Follow all safety instructions and use equipment only as intended. Report on any unsafe conditions to Facilities immediately.
4. **Cleanliness:** Wipe down equipment after each use with the provided cleaning materials. Keep the facility clean by disposing of trash and returning equipment to its proper place.
5. **Personal Belongings:** Store personal items in designated areas. The center is not responsible for lost or stolen items.

Health and Safety:

1. **Wellness Policy:** Do not use the center if you are feeling unwell or have any symptoms of contagious illnesses.
2. **Hydration:** Stay hydrated by bringing your own water bottle. Use the water stations to refill.

Equipment Use:

1. **Sharing is Caring:** Limit your time on popular equipment to thirty (30) minutes, especially during peak hours, to allow others to use them as well.
2. **Proper Use:** Do not misuse equipment. If you are unsure about how to use something, please do not use it.
3. **Weights:** Return all weights, dumbbells, and other equipment to their designated spots after use.
4. **No Hogging:** Avoid monopolizing machines or equipment. Allow others to “work in” between sets whenever possible.

Facilities:

1. **Noise Level:** Use headphones for personal music. Avoid loud conversations or noises that might disturb others.

Enforcement: Failure to adhere to these rules and regulations may result in a warning, temporary suspension, or termination of use, depending on the severity of the violation. Leadership reserves the right to modify these rules as needed to ensure a safe and positive environment for all employees.

Voluntary Participation: Employee understands and confirms that participation in the Health and Wellness Center is 100% voluntary. The employee warrants that they are in overall good health and that no bodily or mental condition would create an unreasonable risk of harm to himself or herself in participating in any activities that require physical or mental exertion.

The Assumption of Risk: Employee understands and acknowledges that there may be potential risks involved related to participation in the Health and Wellness Center. Employees assume all risks, known and unknown, in any way connected with the employees' participation. Employee accepts full responsibility for any liability, injury, loss, damage or death in any way connected with participation in the Health and Wellness Center. Employees acknowledge that participation is at the employees' sole risk. Employees release the City of Stonecrest from any and all liability or claims which may arise from participation, to include Workers Compensation.

This is to acknowledge that I have received a copy of the Health and Wellness Center, Rules and Regulations. I understand and agree it is my responsibility to read and abide by the aforementioned.

Employee Name (Print): _____

Employee Signature: _____

Date: _____

Witness Name (Print): _____

Witness Signature: _____

Date: _____