

RRB Fitness Center Rules and Responsibilities

In order to provide the most efficient and enjoyable experience while using the fitness center, we have incorporated the following rules and responsibilities:

- All participants **MUST** show their membership card and log into their respective agency's computer **BEFORE** using the center.
- Participants without current payment information or health information will be required to update paperwork **BEFORE** using the facility.
- Lockers are for use during workouts only; personal items may not be stored at any other time.
- No clothing, towels, or other items may be left in the sauna AT ANY TIME. Please note this is a *fire hazard* and due to the possible dangers, will not be tolerated.
- For the health of all fitness center members and staff, participants are **required** to wipe equipment after each use. This also includes the floor area surrounding the equipment. Additionally, it's highly recommended to wash gym attire frequently to prevent bacteria transmission and foul odors.
- Shirts, shoes, and modest fitness attire are required at all times in the fitness area. Sandals, open-toed footwear, and non-rubber-sole shoes are not acceptable. In addition, any attire or clothing that is deemed to be potentially destructive to the upholstery of the exercise equipment will not be permitted (i.e. clothing with metal snaps, protruding metal components, etc.).
- As a respect to fellow members and the fitness center staff, threatening actions, profanity, and grossly rude conduct **WILL NOT** be tolerated. Members in violation will be removed from the fitness center and his/her membership may be canceled.
- Guests, family members, and contractors are not permitted to use the fitness center.
- Covered plastic containers are the only acceptable beverage containers permitted in the fitness center. No glass containers are permitted on the fitness floor.
- Please use sign-up sheets when cardiovascular equipment you wish to utilize is not available. Observe the 30-minute limit when others are waiting.
- Allow others to "work-in" on strength training equipment when performing multiple sets. If another member is utilizing a piece of strength equipment you wish to use, please let them know you wish to work in. For the benefit of other members, avoid occupying equipment you are not utilizing.
- The fitness center is not responsible for items left behind by members. As a courtesy to our members, lost and found items will be held as follows; jewelry/electronics/other valuables - 30 days; clothing/towels/shoes - 10 days; personal care products - 5 days; Items remaining after these periods will be disposed of accordingly. Badges/ID's/Credit Cards will be held for 24 hours then turned over to security.
- For the benefit of other members, replace all equipment to its proper storage area, including dumbbells, barbells, plates, yoga mats/blankets, balls, tubing and other small moveable items.
- For the safety of other members and your personal items, gym bags may not be carried around the fitness floor.
- Members may not reserve any piece of exercise equipment or locker room accommodation prior to use.

I have read and understand the fitness center rules and responsibilities.

Name: _____ Date: _____ Agency: _____

Signature: _____ Member #: _____ updated 9/05