

Fitness Area Rules

Age Requirements:

- Children under the age of 12 are **NOT** allowed in the Fitness Center. No exceptions. Children under the age of 12 must sit outside in the hallway.
- **12-17 Years Old:** Are required to complete an equipment orientation before being allowed in the fitness area. These individuals will receive an orange orientation card that must be present at all times in the Fitness Area.
 - **12-13:** Cardio Equipment and Nautilus Machines Only
 - **12-13 Advanced Orientation:** Must attend a two-day Advance Orientation Seminar before being allowed in the free weight area unsupervised.
- **Over 18/ New Members:** Are required to complete and equipment orientation or sign an orientation waiver.

Pass Plan holders and Guests acknowledge that they are physically able to engage in any activity, program or training provided. Also the participant agrees that all exercise and use of this facility are undertaken at their sole risk. Wytheville Community Center is not responsible for any injuries that may occur while using the weight or cardio equipment. Participants also agree to accept full responsibility for all personal belongings. **Derogatory** remarks involving any Pass Plan Holder, Guest or Personnel will not be tolerated. Any behavior deemed unacceptable by the Fitness Staff will be addressed and corrective action will be taken. Please stop by the Fitness Desk and use your card to scan into the weight room and cardio areas.

- Appropriate athletic shoes only. No street shoes, boots or sandals are allowed in workout areas.
- Shorts, Sweat Pants, T-shirts, Tank Tops & Spandex accessories deemed appropriate by Fitness Staff.
- Clean and dry workout clothing is required. Staff will address any unsatisfactory hygiene condition and corrective action may be required.

- All other clothing and shoes must be kept in lockers. Please keep ALL valuables at home. The Wytheville Community Center is not responsible for any lost or stolen items.
- Please avoid the use of heavy perfume or cologne.
- No belt buckles, blue jeans, revealing tanks/t-shirts or loose jewelry items can be worn in fitness area.
- Orientation training is required for those who are unfamiliar with the use of equipment. If at anytime you have questions concerning the proper use of any equipment, please ask a staff member for assistance. Individual training by other participants that are not designated as Fitness Staff is not permissible.
- Please be courteous at all times.
- Allow others to work in during your rest periods.
- During peak hours and while others are waiting, please limit your time on cardio equipment to 30 minutes for each piece of equipment.
- Keep hands and feet away from all moving parts and weight stacks.
- **DO NOT** attempt to repair or adjust any equipment that has malfunctioned.
- Report any equipment problem that arises immediately to the Fitness Staff.
- Towels and disinfectant are provided to wipe off equipment and benches after each use. **DO NOT** remove these towels from the Fitness Area. Please place your towel in the designated towel drop and return bottle.
- Children under the age of 12 are not allowed in the cardio or weight room areas.
- Children ages 12-17 are required to complete and equipment orientation before being allowed in the fitness area. These individuals will receive an orange orientation card that must be presented at all times in the Fitness Area.
- Children ages 14+ years old are unrestricted on strength, free weight and cardio equipment after proper orientation of the equipment.
- Participants 18 years or older must sign an orientation waiver or schedule an appointment for orientation training.
- Restack all plates and dumbbells after use.
- Do not turn dials on Nautilus equipment, while weights are in use.
- Do not drop or throw **ANY** weights. You will be responsible for damage to weights.
- Chalk is not permitted in any areas.
- Always use a spotter when attempting maximum weight.
- Equipment or accessories are provided for use within the weight or cardio areas and are not to be removed from this area or the facility at any time.
- Personal equipment (except weight room gloves, walkmans, head phones or standard weight room belts) is not permitted in the facility.

- Water bottles with spill proof lids are allowed in all areas of the Weight or Cardio areas.
- No food or other drinks allowed in the Fitness Area.
- No gum is allowed in the Weight or Cardio areas.
- No alcohol, no tobacco products or illegal substances are allowed in the Fitness Area.