

# ***FITNESS ROOM***

## **POLICIES**

Purpose: To provide a policy that is consistent and safe for every patron frequenting the WPRD Fitness Room.  
All patrons are ultimately responsible for abiding by the policy while in the Fitness Room.

- **Participants must be over the age of 14. Participants ages 14-16 must be accompanied by an adult 18+.**
- **No spectators are allowed in the fitness room.**
- **Participants must report all injuries to front desk staff. In an emergency, dial 911 before reporting to staff.**
- **Show respect for the equipment, facility, and toward others.**
- **Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted.**
- **Patrons should use extreme caution when lifting weights to avoid potential injury to themselves and others.**
- **Re-rack your weights after use.**
- **Do NOT drop weights or other equipment on the fitness room floor.**
- **No horseplay or loud offensive language will be tolerated.**
- **Report damaged or broken equipment to WPRD staff immediately.**
- **Keep hands, hair, and loose clothing away from weight stacks, cables, and pulleys.**
- **Proper attire is required at all times, including fully enclosed athletic shoes with rubber soles.**
- **Please use headphones when listening to music.**
- **No food is permitted in the fitness room. Plastic bottles are permitted, but must be sealable.**
- **Please clean up after yourself and wipe off equipment with provided materials after use.**

*Failure to comply with the rules or requests by a staff member will result in the patron being asked to leave the facility and member privileges may be revoked by WPRD.*