

Winchester Parks and Recreation

Fitness Room Policy

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

Shoes

Participants must wear shoes and shoes must be rubber soled athletic shoes with an enclosed heel and enclosed toe.

Five toed shoes are not acceptable in the Fitness Room.

Clothing

Athletic clothing is required.

Denim or khaki pants or shorts or clothing with rivets, belts, studs, buttons or exposed zippers are prohibited.

Full length shirts should cover the midriff area, no open side-less shirts.

No cut-offs or altered sleeves or necks.

Etiquette

Report unsafe or damaged equipment immediately to the front desk staff.

Report injuries to the front desk staff immediately.

All weight training should be in a controlled safe manner.

Patrons should use extreme caution when lifting weights to avoid potential injury to themselves and others.

Return weights to rack.

Weights may not be set up against wall, mirrors, benches or other equipment.

Other patrons are allowed to "work-in" between sets.

Don't drop weights or other equipment on the fitness room floor.

Patrons should disinfect equipment after use.

Water or Sports drinks must be in a closed top plastic bottle only.

Children must be 14 years and older. Between 14 years to 16 years, an adult over the age of 18 must accompany the participant.

Spectators are not permitted.

No profanity or excessive loud noise.

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 from WPRD.