

Fitness Area Rules & Policies

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 Precor 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 an 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 flip flops, sandals, open toed or healed shoes are allowed in the Fitness Area.
- 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.
- If at anytime you have questions concerning the proper use of any equipment, please ask a Fitness Staff for assistance.
- Personal Training is not allowed within the facility other than by a Wytheville Community Center Staff.
- 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 cleaner are provided to wipe off fitness equipment after each use. **DO NOT** remove these towels from the Fitness Area. Please place your towel in the designated towel drop and return bottle.
- Restack all plates and dumbbells after use.
- Do not drop or throw **ANY** weights. You will be responsible for damage to weights.
- Chalk use is strictly prohibited.
- 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 gloves, head phones or standard weight room belts) is not permitted in the Fitness Area.
- Water bottles with spill proof lids are allowed in the Fitness Area.
- No food or other drinks allowed in the Fitness Area.
- No gum is allowed in the Fitness Area.
- Alcohol, tobacco products or illegal substances are not allowed in the Fitness Area.