

# **Fitness Center Policy**



## **1. POLICY:**

{Enter Company Name} provides a fitness center for use by all regular full and part-time employees who complete a fitness assessment.

## **2. PROVISIONS:**

- All employees are required to complete a fitness assessment, liability waiver, and facility orientation prior to being authorized to use the fitness center. Contact \_\_\_\_\_ to set up an appointment for a fitness assessment and orientation.
- Only employees of {enter company name} and its affiliates are eligible to use the fitness center.
- The fitness center will be open seven days a week, including holidays, from 6:00 a.m. to 9:00 p.m.
- Access is by magnetic key card which will be coded for entry upon completion of a fitness assessment and orientation. The company is not responsible for any injury or accident occurring in the facility or during use of the facility including use of the locker room and shower area. The company is not responsible for any lost or stolen items left in the locker room or brought into the workout area.
- SAFETY FIRST! Contact your health care provider prior to using the facility for advice on types of exercises that are appropriate for you. Also contact your health care provider for advice on when to return to exercise following any injury or illness. Start out slowly and increase workout time and intensity gradually. Make sure to include a proper warm-up and cool-down into your workout routine.
- There is a 20-minute limit on all cardiovascular equipment (bicycles, treadmills) when others are waiting. Any sweat left on fitness equipment should be towed off immediately after use of the equipment.
- Proper workout attire must be worn. Employees should not use the facility while in regular work attire. Examples of proper attire include gym shorts, yoga pants, sweat pants, tee shirts, and tank tops.. Showers facilities are available in the locker rooms. Employees who return to work after using the fitness center should do so in their normal work attire.