



POLICIES

Thank you for choosing the Faribault County Fitness Center! Our goal is to ensure that all of our customers enjoy a clean, safe, and fun environment. To achieve this goal, we ask all users to honor the following guidelines and respect one another.

GENERAL RULES:

- The Fitness Center is pay-for-use facility. Access to the Fitness Center is controlled by coded card key entry. Members must use their Fitness Center identification card to enter the facility. **Please card in and out.**
- I will be doing key checks. You should not be letting others in. We rely on members to help monitor and report abuses.
- Members must have a waiver signed and on file with the Fitness Center. Youth under the age 16 must be accompanied by a parent or guardian during their use of fitness center.
- Verbal or physical confrontation with staff or other patrons, swearing, grunting, loud noise, abusive language, inappropriate behavior and vandalism will not be tolerated under any circumstances and will result in expulsion from the center.
- Water or sport drinks may be consumed from closed containers with lids. All other food or beverage is prohibited.
- Using or being under the influence of drugs or alcohol is prohibited.
- Smoking is prohibited.
- Patrons are advised to be aware of their personal fitness limits and to exercise at a level and pace that is appropriate to them.
- Only fitness center personal trainers are allowed to provide instruction on exercise technique or equipment preparation and adjustments.
- Radios and tape or CD players are not allowed unless they are personal units (such as a "Walkman" or "iPod") equipped with headphones.
- When you use the Facility you are required to: Change your shoes before going on either court or when using the weight room and when playing racquetball you are required to wear protective eyewear.
- Uses of skateboards, in-line skates, roller skates, scooters are prohibited within the facility.

EQUIPMENT USE – FOR EVERYONE’S BENEFIT, PLEASE:

- **Wipe off equipment after every use.**
- Allow others to "work-in" or take turns on the equipment in the fitness room.
- Ease weights into position on the machines and do not allow them to slam down.
- Re-rack weights and return all other accessories to their proper locations when finished.
- Use center solely for their own personal fitness (no personal training of others allowed).
- Weights are not to be stood on, or leaned against walls, pillars, equipment, or mirrors.
- The use of safety stop clips is strongly encouraged while using treadmills.

ATTIRE:

- Proper attire is required. This includes closed toe shoes, t-shirts, exercise short/pants. No street shoes, jeans, open toed shoes, clothing with offensive wording or revealing clothing will be permitted. Shirts must be worn at all times.

- Please use locker rooms for changing into exercise attire.

FOR YOUR OWN SECURITY:

- Please secure your valuables and belongings in a locker.
- Year round lockers can be rented for \$45 a year.
- Please do not store valuables on the floor or near equipment.
- Safety of all personal property is the responsibility of customer use.
- We are not responsible for lost or stolen property.

Guess

- You can only be a guess 2 times if you live within a 50 mile radius of the Fitness Center, there after you will be required to have a membership.
- Guess fees are \$7 a visit.

We thank you for your cooperation in helping us maintain our fitness center's clean, safe, healthy, and friendly environment.

Failure to abide these guidelines may result in loss of privileges.

Management reserves the right to refuse admittance and/or eject from the fitness center premises any persons failing to comply with any of the above health and safety regulations.

The Faribault County Fitness Center reserves the right to revise or alter use guidelines at any time without notice.

Thank you
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