

## GBMC Fitness & Wellness Center Rules and Regulations

### **General Rules**

*For your safety and for the safety and courtesy of other users, please adhere to the following rules while using the GBMC Fitness & Wellness Center (“Center”):*

1. Appropriate clothing is required. Shirts and sneakers are required. No jeans, open toed or heeled shoes, or see through clothing.
2. No food or drink except water.
3. 20-minute time limit on cardiovascular machines when there is a wait list.
4. Wipe off equipment after each use.
5. Notify the Service Response Center at X-6800 immediately of any equipment problems.
6. GBMC is not responsible for any user’s personal belongings.

### **Circuit and Free Weight Zone**

*For your safety and for the safety and courtesy of other users, please adhere to the following rules in this area of the Center room:*

1. Appropriate clothing is required. Shirts and sneakers are required. No jeans, open toed or heeled shoes, or see through clothing.
2. No food or drink except water.
3. Re-rack all Dumbbells and Kettlebells when complete.
4. Wipe off equipment after each use.
5. Notify the Service Response Center at X-6800 immediately of any equipment problems.
6. Equipment may not be removed from the room.

## GBMC Fitness & Wellness Center Policy

### CONDUCT

Center users must demonstrate appropriate, respectful conduct while using the Center at all times. Inappropriate and disrespectful conduct will not be permitted within the Center which, includes, without limitation, vulgar language; violent or aggressive behavior or language; or any physical contact with another person in an offensive, threatening or aggressive manner.

GBMC is committed to providing a safe environment for all its employees free from discrimination on any ground and from harassment at work including sexual harassment. GBMC will operate a zero-tolerance policy for any form of discrimination or harassment in the workplace, treat all complaints seriously. All discrimination and harassment policies applicable to GBMC employees are applicable to Center users.

### MEMBERSHIP

Membership is obtained using the online form located on the Infoweb under Departments: Fitness and Wellness Center, GBMC Fitness and Wellness Center “Register Now” electronic link.

### MEMBERSHIP COST

Membership will be \$9.00 per pay period via Payroll Deduction

### MEMBERSHIP CANCELLATION

Members can cancel their membership at any time by completing a Membership Cancellation form found on the Infoweb under Departments: Fitness and Wellness Center, GBMC Fitness and Wellness Center “Cancel Membership” electronic link. Cancellation requires a two-week notice. Once a membership is cancelled, the employee cannot re-join for 30 days after the effective date of cancelation.

## SECURITY

The Center is monitored 24 hours a day, 7 days a week by video surveillance in all areas of the Center except the locker rooms.

## ACCESS

The Center is for GBMC employees only. Center members may access the Center using their GBMC Employee Badge. Members may not permit anyone else to use the employee's badge. If an Employee is caught sharing an employee badge or providing other employees with access, this will result in possible termination of Center membership.

## PARKING

Parking is available during the following days and times:

Monday to Friday 6AM-5PM – Center members are to park in their assigned garage

Monday to Friday 5PM- 6AM - Center members may park in the South Chapman

Parking Lot

Saturday and Sunday: Center members may park in the South Chapman Parking Lot.

## PERSONAL BELONGINGS

Center users may store all personal belongings in a locker or in designated storage areas within the Center. Users are responsible for ensuring their locker is secured. Users are responsible for keeping track of their locker key. Leaving the key unattended presents a risk that someone may take the key and access the locker containing your belongings. Users may only utilize lockers while in the Center and may not leave any personal belongings in a locker overnight. Users should not bring or store any valuables on the premises, including watches, jewelry or large amounts of cash. GBMC is not liable or responsible for any lost, stolen or damaged personal property, whether from lockers, vehicles or other in or around the Center.

### MEDICAL FITNESS/ILLNESS

Before starting any exercise program, users should consult with their physicians as to the user's medical fitness for participation and adhere to such physician's recommendations. In the interest of the health and safety all off users, if you have a contagious illness that may be transferred through ordinary use of our equipment, services or programs, please refrain from using the Center until you are no longer contagious. All exposed lesions, wounds or rashes must be covered. All employees must follow GBMC's policies regarding contagious illnesses.

### INJURIES

If you are injured while on the premises, please notify GBMC Employee Health, but seek medical assistance from a PCP or ER.

### ALCOHOL, DRUGS AND SMOKING

Users may not use, consume or possess alcohol, any illegal drug substance, tobacco product or vaping instrument while in the Center or in the vicinity. All GBMC employee policies related to the use of alcohol, drugs, and smoking apply to an employee's and/or guest's use of the Center

### ACCESS RESTRICTIONS

GBMC reserves the right to close or restrict access, without notice, to any area of the Center or premises for any reason, including but not limited to closures or restrictions related to construction, remodeling, repair, or maintenance (whether planned or unplanned) or for health or safety reasons, including but not limited to weather, natural disasters, power outages, and medical issues. Your obligation to pay membership dues is not dependent upon usage, availability or access to the Center.

### DAMAGE TO GYM

Users are financially responsible for any damage caused by them or their guests to exercise equipment, suppliers or other Center property including theft of such.

### CLEANING

Users are expected to wipe down all equipment after use, discard trash in the closest trash can, and otherwise clean up after themselves.

### VIOLATIONS

Violations of any of the rules, regulations, or policy may result in termination of an employee's Center Membership.