

## Fitness Center Rules & Regulations

- A signed Informed Consent Agreement and Liability Waiver Form must be on file with the District Court prior to using the fitness center.
- Use of the fitness center is limited to those who are active employees at the Boggs Courthouse.
- Hours of the fitness center are: Monday - Friday 5:30 am - 8:00 pm
- Proper attire, decorum and consideration of the rights and comforts of others must be observed at all times.
- Appropriate gym attire must be worn inclusive of shirt or top, shorts and/or pants, and appropriate shoes.
- For safety reasons, personal items, gym bags, back packs and other items should not be on the fitness center floor.
- No food should be brought into the fitness center at any time.
- Beverages consumed during workout must be in a non-glass container with a lid.
- Spills must be cleaned immediately.
- Equipment must be wiped down after use. Disinfectant and paper towels will be available for your use.
- No bare feet allowed in the fitness center.
- Portable stereos and electronic devices may be used with headphones only.
- Use of the “buddy system” is recommended when using barbells or heavy lifting weights.
- Return all equipment to their respective places after use.
- Always remove any removable plates from barbells after use.
- Equipment must be handled with care; any abuse will result in loss of fitness center privileges.
- Equipment malfunctions must be reported to Tricia Hoban at 302-573-6101 immediately.
- Proper use of equipment is expected at all times.

I have read and will abide by the rules and regulations.

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Name

\_\_\_\_\_

Date