



Fitness Center Rules and Regulations

1. The Fitness Center is open Monday thru Friday from 5:30 am until 8:00 pm to the employees of Oakland Community Health Network (OCHN) and its Tenants for a 90 day pilot at the 5505 location. **A OCHN Waiver must be signed and on file before access is permitted.** Visitors and children are not permitted in the Fitness Center.
2. Anyone utilizing the Fitness Center will do so at their own risk. Patrons must be at least 18 years of age to use the Fitness Center.
3. All patrons must complete a Fitness orientation before using the equipment and comply with the posted instructions on proper use.
4. Fitness Center patrons must sign in and present a valid employee ID card upon request. Failure to have the proper ID will result in denial of use of the Fitness Center.
5. Proper attire must be worn while utilizing the Fitness Center. Failure to follow these dress code guidelines will result in denial of use of the Fitness Center.
 - a. Tennis shoes and socks must be worn *in the workout room with equipment and weights*. Sandals, open toed or open backed shoes are not permitted.
 - b. Athletic apparel is required.
6. No food is permitted in the Fitness Center. Water or sports drinks are permitted only in sealable containers. Glass is not permitted in the Fitness Center.
7. All electronics/Audio including, Tablets, Phones and Portable Speakers are not permitted unless they are personal units and used with headphones only.
8. The OCHN Fitness Center is tobacco-free; therefore, no tobacco products are permitted.
9. Valuables should be secured in a locker located inside the gym. Individuals must use personal locks as locks are not provided. All articles must be removed from lockers at the end of the workout. **If locks remain longer than a 48 hour period, OCHN has the right to remove the lock.** OCHN is not responsible for lost, stolen, or damaged items.
10. Disrupting or interfering with the workout of another patron is not permitted. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
11. Patrons should wipe down **All Equipment** after each use. Disinfecting wipes are available for use.



- 12.** Compliance with free weights includes the following:
 - a) Chalk is not permitted.
 - b) Allow others to workout between sets.
 - c) Return weights to tree or rack.
 - d) Weights should not be leaned against the wall, mirrors, benches, or other equipment.
 - e) Weights or dumbbells should not be dropped or slammed on the floor or benches.

- 13.** Use of cardiovascular equipment is limited to a 30 minute time limit if others are waiting.

- 14.** Report any personal injury or damaged/malfunctioning equipment to the Facility Department or Fitness Center staff.

- 15.** The Fitness Center does not permit personal trainers or class instructors unless they are approved by the leadership of OCHN.

- 16.** Patrons must comply with all Fitness Center procedures.

- 17.** Inappropriate behavior or attire that interferes with the operations of the Fitness Center or fails to adhere to published OCHN procedures is not permitted. Individuals violating Fitness Centers rules may have their access privileges revoked.

- 18.** Follow all directions for the use of equipment.

- 19.** Do not over exercise, discontinue use at first sign of stress or pain.

- 20.** The use of photographic equipment to take pictures of any person in the wellness center is prohibited without consent.

- 21.** Participants must report injuries to the facilities team and complete an incident report. A call should be placed to 911 emergency service if needed.

- 22.** Do not move or rearrange the equipment and/or exercise machines, unless otherwise permitted.

- 23.** Pick up trash, towels, and personal belongings before leaving. Try to leave the center in better condition than when you arrived.