

# Oakland Community Health Network

---

## Wellness Center Rules and Regulations

- Anyone utilizing the Fitness Center will do so at their own risk.
- Proper attire must be worn while utilizing the Fitness Center.
- No food is permitted in the Fitness Center. Water or sports drinks are permitted in unbreakable containers only.
- Only personal electronics with headphones are acceptable.
- Use of cardiovascular equipment is limited to 30 minutes, if others are waiting.
- Machines must be wiped down after use.
- Report any personal injury or damaged/malfunctioning equipment to the Facility Department or Fitness Center staff.
- Participants must report injuries to the Facility Department and complete an incident report. A call should be placed to 911 emergency service, if needed.
- Pick up trash, towels, and personal belongings before leaving. Try to leave the center in better condition than when you arrived.
- Valuables should be secured in a locker. Individuals must use personal locks as locks are not provided. All articles must be removed from lockers at the end of the workout.

For the full list of the Wellness Center Rules and Regulations, please see documents accessible through the company intranet and internet.

