

CWL Fitness Center Guidelines

- Residents must have a current CWL account and be a member in good standing.
- Residents using the Fitness Center must show their CWL ID card and sign in daily at the front desk.
- Residents 18 years or older may use the Fitness Center within our guidelines. Children ages 13-17 years of age would be able to use the fitness center if accompanied by a parent, guardian or sibling 18 years or older with signed consent.
- If resident is 16-17 years of age and takes the Fitness Orientation Class (\$10.00) they will then be allowed to use the Fitness room without a parent present. A parent is required to sign the CWL Release Waiver & Fitness Center Guideline form prior to use.
- You must bring a pair of shoes to change into for use in the Fitness Center. No street shoes are allowed.
- The machines and weights should be used with care. Dropping plates, dumbbells, and weight stacks can cause injury, equipment damage, and facility damage. Weights are not to be propped against the walls due to the risk of damage and/or injury.
- All equipment must be sprayed down with cleaner and wiped off with paper towels located in the Fitness Center area.
- Users should be courteous to others by limiting the length of their workouts at a single station and by observing posted time limits when others are waiting.
- There is a 30-minute limit per machine and weights when participants are waiting.
- To reduce the chance of injury, users should keep head and limbs clear of weights and all moving parts at all times.
- All equipment is to be returned to proper storage locations after use (i.e. weights must be restacked). Equipment is to remain in the fitness room, at its appropriate location.
- Personal belongings may not be left or stored in the fitness areas.
- **Participants should use extreme caution when lifting weights. Exercise at your own risk.**
- Be respectful, alert and aware of surroundings.
- No foul language, dirty jokes, sexual statements or harassment to members or employees,
- No loud or raucous conversation. Don't make excessive noise while training.
- Shirts must be kept on while training.
- All concerns and maintenance needs should be reported to the front desk.
- Food and alcohol is not allowed. **Water bottles may be used if they are made of a non-breakable material and contain only water.** All drink containers must be disposed of properly.
- **CWL is not responsible for lost or stolen items.**
- Only residents that have purchased a monthly extended user pass may access the locker rooms.
- Abuse of the equipment or rules will not be tolerated. If any resident violates any rules they will be subject to the following procedure:
 - Verbal Warning-Resident will be informed by the Recreation Director of any violation.
 - If a second warning is necessary, a written warning may be issued.
 - If a third warning is necessary, fitness center privileges will be revoked and the resident will be required to meet with the Recreation Director and General Manager.
 - A user asked to leave by the staff will not be refunded any paid charges.

- Disorderly conduct, abuse of the Fitness Center facility, equipment, or staff and/or disregard for the Recreation and Fitness Centers' policies will result in immediate dismissal from the facility and a citation may be issued. Additional sanctions may include: disciplinary action, reimbursement to CWL for damages, and/or potential suspension from the facilities and programs.
- A guest pass: for non-residents, may be purchased for the fee listed on the fee schedule. A resident must accompany all guests when purchasing a pass for the Fitness Center. The resident must remain in the Fitness Center with guest's ages 13 through 17. Residents purchasing a guest pass will be required to sign the guest pass and accept responsibility for their guest. Non-Resident guests ages 18 or older using a guest pass does not need the resident present when using the Fitness Center.
- A guest pass is only good for normal Fitness Center hours of operation. Proof of age is required when purchasing a guest pass.

By signing below, you hereby agree that you have read and understand the guidelines for using the CWL Fitness Center. **All rules stated above are subject to change.**

Signature

Date

Parent Signature if under 18

Print Name

Print Candlewick Address

Revised 8/2/2016