



Cary Grossman Health & Wellness Center

Participant Guidelines

The Cary Grossman Health & Wellness Center strives to promote healthy lifestyles and behaviors. As such, I Agree to abide by the guidelines listed below in order to maintain my privileges to utilize the services and facility.

1. The Health & Wellness Center is available to any individual who has been cleared for exercise, and as completed the Wellness Profile and Orientation Session.
2. Alcohol and tobacco use is not permitted in ANY area of the Rehab & Wellness Center.
3. Food, gum, and beverages other than water are prohibited from ANY workout area. Food is allowed in emergencies only.
4. Proper exercise attire must be worn when using the equipment. (Sneakers or any type of soft soled, closed-toed shoes, sweatpants, shorts, and T-shirts).
5. Modifications of equipment for any exercise other than its intended use or load capacity is prohibited.
6. Participants are required to wipe down equipment after each use. Sanitizer wipes are located throughout the facility.
7. All Participants will be required to pay their membership fee through our automated system by keeping a credit card or debit card updated and saved in our system. If the participation fees become delinquent the participant will no longer be admitted into the Rehab & Wellness Center.
8. All participants will be issued a member ID scan card. At no time may the card be transferred to or used by another individual.
9. All participants are required to “check in” as they enter the facility. To “check in” the participant scans their ID badge at front desk.
10. The facility is not responsible for any lost or stolen items. Lockers are available for the participants for daily use.
11. Equipment usage:

- There is a 15-minute time limit when other participants are waiting for the cardiovascular conditioning equipment.

- If a participant is resting it is appropriate to allow others to work in a set while waiting.

- The Wellness Center does not permit the dropping of weights nor the allowing of a machine weight stack, dumbbell, etc. to crash down when lowered. No person is permitted to use a machine, free-weight, or any other form of equipment at the Wellness Center if they cannot maintain complete control throughout its use. The risk of injury and the risk of damaging the equipment must be always considered by all individuals. Not adhering to these terms may lead to revocation of the privilege of utilizing the Wellness Center and a refund will not be provided. Thank you for abiding by our equipment and safety policies.

12. If at any time staff feels the participant's health and safety or the health and safety of those around them are in immediate jeopardy, Staff will intervene, and the participant will be asked to stop immediately.

13. Any member refusing to follow the rules and regulations of the facility shall no longer be permitted to access the facility or its services.

14. Compliance with physician prescribed medication is important for your health and wellness. Not taking medication as prescribed by your physician or taking medication (including supplements and herbal medications) without your physician's approval can affect how safely you can participate in exercise or wellness classes. If at any time staff believes a participant's noncompliance with medication is interfering with his or her safe participation, the Wellness Center has the right to discontinue that participant's use of the equipment and participation in wellness classes.

15. Please be respectful to others and their space.

16. The use of photographic equipment to video or photograph any person in the fitness center is prohibited without consent.

17. Unless you make a request to the Wellness Staff to freeze your membership, or to terminate it, there will be no refunds for nonattendance. You must request the cessation of payment prior to your membership renewal date, or your payment will be taken out automatically and a refund will not be provided.

18. iPods, MP3 players, hand-held radios, or other personal music devices are only permitted with the use of headphones or earbuds.

19. It is each member's responsibility to immediately report a facility-related injury, an equipment irregularity or malfunction to a facility staff member.

20. The Wellness Center provides a supportive environment in which all participants can

maintain or improve their health and wellness. As such, gossiping, bullying, ridiculing and other harmful talk will not be tolerated. All participants are expected to be patient and kind to each other.

21. Speaking on a cell phone, smart watch, or other smart device is not permitted inside of the Wellness Center. If an urgent call must be taken while at the Wellness Center, the conversation will not be permitted to last longer than one minute. If the call must last longer than one minute, it must be taken outside, specifically past the outermost sliding doors of the building. Staff reserves the right to ask individuals that are in violation of this policy to exit the facility while using their cell phone or other smart device. Not adhering to these terms may lead to revocation of the privilege of utilizing the Wellness Center and a refund will not be provided. We appreciate and thank you for your compliance with this policy as it shows respect for fellow patrons and staff alike.

For the safety and enjoyment of all our members, your cooperation is greatly appreciated.

In order to maintain our safe and enjoyable center, we will be enforcing these guidelines and policies. It is expected that all our members will abide by these guidelines. Repeat offenders may be asked to relinquish their membership at the discretion of management.

My signature signifies my understanding and acceptance of the above rules and regulations as implied and/or stated.

Signature: _____ Date: _____

Print: _____