

Fitness Center Policies

Hours of Operation:

Monday – Friday	8:00 am to 8:00 pm
Saturday	8:00 am to 2:00 pm
Sundays/Holidays	CLOSED

Conduct Guidelines:

The Fitness Center strives to promote health and wellness in a safe and pleasant environment for all staff and members. All members are expected to conduct themselves in a manner which is conducive to the safety and respect of others.

Members and guests are encouraged to take the initiative for their own comfort and safety by respectfully communicating with any person whose behavior threatens their own comfort to cease such behavior. Anyone who feels uncomfortable in confronting a person directly should report the behavior to a Fitness Center employee.

Membership:

- Everyone is required to check in at the front desk when entering the facility.
- Everyone is required to fill out an application
- Everyone is required to purchase a fee.
- Daily fees are \$3.00 a day
- Monthly fees:
 - Unemployed \$5.00
 - Employed \$25.00
 - Members under the age of 18 years old are free (if enrolled in high school).
 - Tribal deductions are allowed.
 - Official diagnosis of Hypertension, Elevated Cholesterol, Diabetes, Obesity.

Youth Policy (ages 16-17):

- Will need to sign waiver with Parent or guardian.
- Will need to fill out application and show proof of age.
- Must provide a physical (annual).
- Saunas are prohibited to children/youth under the age of 18.
- Must abide by all policies and rules

Children policy (ages 12-15):

- Will need to be accompanied by a parent or guardian.
- Will need to sign a waiver with parent or guardian.
- Parent or guardian must bring in proof of age per youth.
- Parent or guardian will provide a physical (annual).
- Time limit of 60 minutes will be enforced.
- Children are not allowed to utilize weights.
- Saunas are prohibited to children/youth under the age of 18.
- Must abide by all polices and rules.

Equipment:

- 30 minute time limit on cardio machines.
- Re-rack all weight/plates to their designated area when finished with equipment.
- No dropping weights
- If lifting heavy, use a spotter or ask Fitness center staff person to assist you.
- Equipment must be handled with care, any abuse will result in loss of privileges.
- Report any equipment malfunctions and/or concerns to staff.
- Ask fitness center staff if need assistance.
- Proper use of equipment is expected at all times.
- Sanitize all equipment after use.

Health and Safety:

If your feeling sick, have a cough, cold, or flu please refrain yourself from coming to the Fitness Center. Using the fitness center with a contagious illness puts you and all other members at risk.

You may also use a mask at your own discretion.

Injuries:

- Any member who has an injury immediately contact fitness center staff.
- Any member who feels sick or dizzy, immediately contact fitness center staff.
- Fitness Center staff has first aid kit at front desk for minor injuries.
- If member requires more assistance, 911 will be accessed.
- Fitness Center is not responsible for injuries, accidents or deaths.

Property Rules:

- No Alcohol in or around the Fitness Center building including parking lot.
- If you smell of alcohol you will be asked to leave.
- No drugs in or around the Fitness Center building including parking lot.
- If you smell of marijuana you will not be allowed to utilize the facility or will be asked to leave.
- No Vaping in or around the Fitness Center building.
- No Smoking in or around the Fitness Center building.

- If you smoke, you must be 50 feet from the building. (3 cars = 50 feet)
- NO Weapons in around the Fitness Center building including parking lot.
- NO PDA (Public Display of Affection).
- NO behaviors that may damage the building (Examples: chewing gum or tobacco, spitting, etc.)
- NO Threats or Violence will be tolerated.
- NO Photography or filming of other patrons.

Fire Alarms:

- When fire alarm is sounded, immediately evaluate the building.
- Signs are posted.
- Remain outside until announced it's safe to enter the building.

Fitness Attire:

- Proper fitness attire must be worn while using the fitness center.
- Clean or Dry shoes in Fitness Area
- Do not walk around in socks or bare foot
- Closed toe shoes must be worn during workouts.
- NO revealing fitness attire
- Members must wear a shirt on at all times.
- No sport bras (only)

Food and Beverages:

- No food in fitness area
- No glass bottles.
- Other than water bottles, no beverages are allowed in the fitness area.

Lost and Found:

CRST Fitness Center staff will not be responsible for articles lost, stolen or damaged in, on or around building. You are advised to leave all valuables in your vehicle or at home.

- Any lost and found items will be kept for 48 hours.
- If you lost or found an item, speak to the staff or take to the front desk.
- All lost items must be identified in person. No confirmation of found items will be given over the phone.

Hours of Operation and Rules subject to change without notice.