

Humboldt Fitness Center **Rules and Regulations**



Humboldt Fitness is a MEMBERS ONLY facility. Only individuals who are currently paid up are allowed in the facility.

The following Rules and Regulations governing the use of all recreational facilities and participating in all activities at Humboldt Fitness (HF) have been created to provide equal opportunity, safety, and protect the rights of each participant. As a member of HF, you have a responsibility to understand and abide by these Rules and Regulations. Failure to abide by these Rules and Regulations may result in modified or revoked membership or participation privileged as determined by HF. These Rules and Regulations remain subject to revision by HF upon notice.

Equal Opportunity Policy Statement

HF seeks, enrolls, and maintains memberships without regard to race, religious creed, color, national origin, ancestry, physical disability, mental disability, medical condition, marital status, sex, sexual orientation or age. It is further policy that no circumstance or conduct undertaken by club personnel shall have the effect of discrimination on the basis of any of the aforementioned classifications. All members shall have full and equal access to the facility. All members with disabilities shall be entitled to reasonable accommodations for their physical and mental impairments. Any member who believes that they have been/are being treated unfairly on any of the aforementioned matters should first report to HF Director.

Health Status

- Before you start exercising confirm with your healthcare provider if you have any health risks.
- We recommend you warm-up before exercising and cool-down and stretch afterwards.
- Should your health status change it is your responsibility to inform us.

Access Policy/Check In

- All members 16 years old and older will be issued an access finger scan and a photo will be taken.
- Any member over 16 years old will scan their finger to allow access in to the building.
- Each member 13 years and older must check in with staff at the front desk upon each visit to HF.
- Access will be denied should your membership not be in good standing.
- You must be 16 years or older to have access to the building. Under the age of 16, must be accompanied by a parent or adult who is on the shared membership.

Personal information and privacy

Please consult our Privacy Policies for a description of our practices with respect to collection, sharing, and privacy of your personal information. Our Privacy Policy is available on request.

- Your private information collected is for internal HF use only and will not be shared externally.

Guest privileges

- Humboldt Fitness does not allow guests or day passes.
- The one exception for allowing guests is with prior approval from the Director.
 - If you bring in a guest without first speaking with staff, your membership could be suspended or revoked.
- Guests must be at least 16 and fill out electronic guest forms before using HF facilities.
- HF may restrict the number of guests and times you may bring guests.
- You must inform guests about these HF Rules and Regulations.

Use of HFC Facilities

Availability of facilities: HF facilities or services, including but not limited to, classes, programs, equipment, basketball, or locker rooms may have limited hours, be discontinued altogether at any time, or be offered on a "first come, first serve" basis. Use of HF facilities or services are authorized and limited pursuant to your membership agreement.

Conflicts Regarding Use

- Please don't linger on the equipment because other members may want to use it.
- No member should monopolize the equipment or weights.
- Observe gym etiquette.
- If there is a conflict over use, let HF staff resolve it.

Court and Classes

- HF offers a half basketball court that can be used for basketball, personal fitness use, or group exercise.
- If HF is offering group fitness programming, the court is thereby occupied at that time and is not open for personal use.
- Please be courteous and mindful of noise levels when using the court.
- Put basketballs and other equipment away when finished using them, clean the area, and raise the basketball goal back up if you lower it.
- No hanging on the basketball rim.
- Do not open any of the back or side doors.

Weights and Equipment

- Handle weights and equipment with care.
- Replace the weights on the rack after you use them.
- No excessive dropping of weights, clanking or banging weights, or throwing weights. Bumper plates are designed to be dropped, but not the smaller steel plates.
- DO NOT drop an empty barbell. It is very bad for the bars as it ruins the bearings, etc.
- Wipe down each piece of equipment after usage. That includes the bench, handles, or any area you touched or sweat could have dropped. Towelettes and spray bottles are provided throughout the facility for wiping equipment when finished.
- Use the equipment for its intended purpose and follow the instructions provided. If you are unsure of how to use the equipment, ask a staff member to assist you.

No Solicitation

HF facilities are provided for the private use of members only and are not open to the general public without a membership. Any solicitation within HF is absolutely forbidden. This includes, for example: solicitation for profit, political purposes or any other reason; use of petitions; distributing or posting leaflets, notices or advertising anywhere in the facility; or leaving multiple copies of leaflets or other papers.

Food and Drink

Food and beverages are permitted in the lobby and kids room. Water and sports drinks only are permitted in the fitness room and gym. Please use a sports bottle or similar spill proof container. No styrofoam or glass allowed.

- If you spill your drink, please use a towel to clean it up or ask staff to get a mop.

Lockers/locker rooms

HF provides lockers for members to use only while working out in the fitness center.

- You should always secure the locker to protect your property; Do not leave any valuable property in a locker at any time.
- HF is not responsible for the disappearance, loss, theft, or damages to or of any member's personal properties.

- If you leave your property in the locker for an extended period of time, HF shall have the right to donate your property to charity.
- Photography or filming is strictly prohibited within the locker room if others are present.
- Wet surfaces in the locker room may be slippery. Please watch your step and use caution.
- HF provides towels for personal use. There are hand towels to use to wipe sweat or bath towels for shower use. When finished, please put them in the correct receptacle and they will be washed and maintained by HF staff.

General requirements for minors

To join, minors 13 years of age need the financial guaranty of a parent or guardian and the parent or guardian must sign the membership agreement. If your minor child does not behave, HF may ask you to make other arrangements. HF reserves the right, in its discretion, to require that a parent or guardian accompany a minor at any time.

- 16 years and older are permitted in the building at any time.
- 13 – 15 year old's must be accompanied by an adult with whom they share a membership. They can use the fitness equipment as long a parent is participating with them. They are not allowed in the building without an adult. They must check in at the front desk or with a staff member to track attendance.
- Under 13 must have an adult in the facility with them at all times and they are not allowed in the fitness room. Under 13 can play in the basketball court.

Kids Room

The Kids Room is an unsupervised room with a seating area to watch tv, books and toys, and a mini fitness area. HF is not responsible for injuries or accidents. Put away all books, toys, equipment that your children got out and pick up any messes they made.

Prohibited items and activities

- You cannot engage in any activity at HF while under the influence of illegal drugs or alcohol.
- HF does not permit smoking, alcohol, or illegal drugs, including steroids, in the facility or on the property.
- No weapons of any kind are permitted in HF.
- Taking photos or filming of others is not permitted without their prior knowledge and consent.
- HF reserves the right to limit the consumption of food or beverages in equipment room or gym.
- Glass and styrofoam are not allowed in HF.

Proper Attire

In an effort to promote safety, reduce the spread of communicable diseases, and prevent additional wear and tear on the equipment, HF requires you to wear appropriate clothing and footwear while exercising.

- Gym shorts, t-shirts, jogging, aerobic and sweat outfits are all right for exercising or aerobics.
- Street clothes/shoes and jeans are not acceptable.
- Remove muddy or dirty shoes and/or work boots before entering.
- No street or black-soled shoes permitted on the basketball court or fitness room.
- Shirts must be worn at all times.
- Closed toe athletic shoes are required.
- HF has the right to ask members to make adjustments or leave the facility if their clothing is not appropriate or found to be offensive.

Parking

- Parking is for members and guests when using the facility.
- Do not park in handicap parking if you are not entitled to do so.
- HF is not responsible for any loss, theft, and/or damage to vehicles (or any mode of transport) including any valuables left in them.

Security

- HF will be available for access 24 hours a day/7 days a week, although staffed hours will be limited.
- Security cameras are placed strategically throughout the building and parking lot to ensure safety and security.
- The footage can be reviewed in the event of any questionable actions and can be provided to police authorities if need be.

Safety

- In the event of a fire, please exit the building as quickly as possible from one of the 2 exits labeled with the illuminated Exit sign near the ceiling.
- In the event of a tornado, if time allows, please drive to the Lutheran Church and take cover in the basement. If time does not allow, please take cover in the locker rooms.
- Be aware of the different floor surfaces that you move across as you walk through the facility. Please walk throughout the building.
- As ongoing cleaning and maintenance does take place, related tools and equipment may be hazardous and some floor surfaces may be slippery. Proceed with caution in these areas.
- Please report all injuries/accidents and hazards to HF staff.

Lost Property

Any belongings removed from lockers/left unattended and handed to HF staff will be available in the facility office for 14 days. If you do not collect it within this time, HF will donate it to charity.

Personal Training

- HF offers certified and insured staff that can be hired for personal training/programming.
- Any member offering training services must show HF staff documentation of Personal Training Certification and Insurance
- Any person either offering training services or participating in those services must be a member of HF.

Behavior in the facility

- HF does not permit and will not tolerate any inappropriate conduct. Such conduct includes, without limitation, using loud, abusive offensive, insulting, demeaning language, profanity, lewd conduct or any conduct that harasses or is bothersome to members, guests, or staff.
- Access is prohibited while under the influence of alcohol, illegal drugs, or performance enhancing drugs.
- You may not bring alcohol or drugs in to the facility or have it on the property.
- Tobacco use including, but not limited to, smoking, electronic cigarettes, and chewing tobacco is not permitted anywhere on HF property, including your personal vehicle on our property.
- Physical, sexual, or verbal abuse or harassment is strictly prohibited. Any abuse or harassment will not be tolerated and can result in loss of membership and/or police involvement.
- You may not commit any acts which may cause distaste, revulsion, or hostility to other members, guests, visitors, or staff.
- You will be liable for any damage caused by you, your family members on your plan, or your guests.
- Only one individual is allowed in a shower stall at any one time.

Violation of Policies or Rules

- HF rules and regulations are applicable to all members, minors, guests, and visitors, to ensure the enjoyment, safety, and wellbeing of everyone using the facility.
- If you do not comply with these rules and regulations, we can, at our own discretion, deny access, cancel memberships, or ask you to leave the premises.
- We reserve the right to change the rules and regulations including operating times and use of facilities at any time.