



## **Fitness Area Rules**

### **Age Requirements**

- All people in the fitness area must be at least 10 years of age.
- All people 10 – 11 years of age can only use cardio machines and must be accompanied by a responsible adult.
- Day pass weightlifters must be at least 16 years of age and have a guardian-signed release on record in the Camas Fitness Center Office.
- All members 12 – 15 years of age must have completed the teen strength program to use weight lifting equipment.
- All members 16 – 17 years of age must have a guardian-signed release on record in the Camas Fitness Center Office to forego the teen strength program.

### **Be Safe!**

- All members are encouraged to complete a Camas Fitness Center Orientation.
- Always use collars on Olympic bars, unless you have a spotter present at all times.
- Always use proper form and technique.
- Use machines correctly.

### **Etiquette**

- Clean equipment after use. Disinfectant spray & towels are provided.
- Please mute your cell phone and keep cell phone use to a minimum.
- Please avoid turning the volume up on TVs, bring an FM radio tunable Walkman, MP3, etc. and tune it to the frequency listed on the TV to hear it through your headphones.
- Avoid dominating multiple stations.
- When we are busy (6 or more people on cardio machines), please limit your time on any one cardio machine to 30 minutes.
- Please return all weights, bars, and other equipment to their proper place and don't leave weights on bars or machines.
- Do not drop weights on cable operated stack machines, this will crack the weights at adjustment hole.

### **Please Dress Appropriately**

- Wear proper athletic attire (closed toe shoes, t-shirt or tank-top, shorts or sweats).
- Sandals, boots, sports bras without a cover-up, jeans and swimsuits are prohibited.

### **Food and Beverages are Prohibited**

- Eating is not allowed in the fitness area.
- Drinks in a closable, non-shattering container are allowed.

### **Present Yourself Well**

- Offensive language, inappropriate behavior, horseplay, or disrespect of others is prohibited.
- The Camas Center for Community Wellness prohibits unauthorized personal trainers from providing physical fitness training to clients of the facility. This shall apply to all unauthorized certified and non-certified trainers. Violations of this policy may result in loss of membership due to unauthorized use of the facilities.

**Failure to follow rules may be cause for removal from fitness area and programs.**