



CODE OF CONDUCT FORM: For your safety and as a courtesy to all members, the staff of **Atrium Health Navicent Wellness Center and Fitness Center @ Navicent Lofts** asks that all adhere to the following:

- **ALL MEMBERS and GUESTS OF WELLNESS CENTER (WC) AND FITNESS CENTER @ NAVICENT LOFTS (FC):**
 - All paperwork, forms and membership/guests documents must be kept up to date; this includes an active and current contact number (preferably mobile) and email address; a current photo, emergency contact and member's health history is also required.
 - **Proper Use of Equipment**
 - Use equipment as intended. Misusing equipment can result in injury and/or damage to the equipment; follow directions and instructions. A beginner circuit is available for our members.
 - **These facilities are no drop zones: Do not drop weights.**
 - **Keep Gym Tidy**
 - Please re-rack weights and return all other equipment and accessories to their designated locations
 - No gym bags on Fitness Floor – items must be stowed in lockers or along walls with no tripping hazard
 - No food on Fitness Floor or Pool area
 - Sanitize equipment after use. **Spray towel not equipment for cleaning as overspray can damage equipment**
 - Return used fitness center towels to respective bins
 - **Cell Phone Usage / Music / Profanity / Loud Conversations / Photos**
 - Out of respect for other members please take/make **phone calls in the lobby or outside of the gym**; this includes loud talking or conversations.
 - Profanity is not tolerated in words or attire.
 - If you prefer to listen to your own music, you must utilize ear buds or the like.
 - Photos/videos are prohibited inside the facilities without expressed consent from management and signed waiver if others might be in the frames in the background. **Absolutely no photos/video in locker rooms.**
 - **Share Equipment**
 - **Do not sit on machines between sets; allow others to work in**; consider super setting – ask a trainer what this is as it can be a more efficient training method with less down time
 - Ask if you may “work in” and always allow others the same courtesy
 - 30 minutes max on all cardio equipment when others are waiting; if more training is needed, switch to another piece of equipment temporarily
 - **Personal Training**
 - If you are interested in our Personal Training please inquire at the front desk OR call, 478-633-8513.
 - **No member or guest may train with another member/guest for compensation or otherwise.** All training in the fitness centers must be by one of the certified trainers approved the management. If we determine that such training occurs, the trainer and/or trainee may lose their membership/guest privileges. If you are unsure if someone is a certified trainer, please see the front desk or manager.
 - **Lockers**
 - We provide day use lockers while using the facility. Please remove your belongings upon leaving the facility. Center is not responsible for any theft of or damage to your property.
 - **WELLNESS CENTER ONLY:** There are permanent lockers for rent inside and outside of the locker rooms. Ask the front desk for more information.
 - **Pool**
 - The pool is under strict guidelines for chemicals to keep to water safe for all. Please take a shower before entering the pool to remove oils, soaps, perfumes, lotions, etc.
 - Lap Swimmers: Pool Lane reservations are required for lanes 1, 2, 3 and 4 (Lane 5 is a walking lane – no reservations required. Multiple people are welcome in this lane. Reservations are 55 minutes except for last reservation of the day which is 30 minutes. Pool closes 30 minutes before fitness center closing times
 - Use member portal to make reservations
 - One reservation per day; additional same day reservations will be cancelled
 - Verify lane reservation prior to entering the pool
 - A text of lane reservation is sent the day before your reservation



- **Pool continued:**
 - Walkers: lane 5 is open with no reservations; this is a multi-person use lane; walkers only, unless the lane is empty
 - Put pool equipment up after use
 - We request that you use only up to two towels per person per day
 - No children under 16 allowed in pool, except for swim lessons with our swim instructor
- **Dress Code**
 - All members and guests must wear conservative clothing and footwear including gym shorts that fully cover the backside. **No midriff – bearing clothing or extremely loose tank tops.** Appropriate coverage is required for all members and guests. All gym attire should be without questionable and/or offensive language. This includes no profanity. Except in appropriate classes such as yoga, or the pool area, no flip flop type shoes or sandals allowed for working out at the centers. Swimsuits are appropriate wear only in the pool area, no swim wear in areas other than the pool area. Gentleman, no speedo type suits in pool or tights pants in other parts of the fitness center. Biking shorts are OK for biking classes. All the above and any other item not addressed here is at the discretion of management.
 - Wear appropriate swim attire or appropriate swim material when entering the pool. Swim shoes should NOT be worn outside of the pool area. Dry off and change out of wet clothes before heading to other areas of the gym.
 - Hygiene
 - Clean workout attire is required
 - All members and guests must adhere to good personal hygiene
- **MEMBERS OF FITNESS CENTER @ NAVICENT LOFTS:**
 - No guests or children under 18
 - Email WellnessServiceMacon@AtriumHealth.org with any questions or comments.
 - **There is no parking associated at the Fitness Center @ Navicent Lofts.** Your assigned parking is best, but if you do not have a space you may park on surface street parking or the yellow deck. If you park in the yellow deck, it must be on E – the top deck. There is a parking fee in the yellow deck after 1 hour.
- **Consequences for Breach of this Code of Conduct at The Wellness Center and Employee Fitness:**
 - Individuals not adhering to these policies may be asked to leave the facility. Management reserves the right to terminate a person’s membership and/or agreements.
 - Information listed here is subject to update and change.

I am a:

- ___ Wellness Center Member
- ___ Atrium Health Navicent Employee Member
- ___ Employee Plus 1 Member (spouse of employee)
- ___ Fitness Center @Navicent Lofts member – (Atrium Navicent Partner and Downtown Community)
- ___ Loft Tenant
- ___ Supplemental Insurance Member with Medicare (SilverSneakers, Renew Active - Wellness Center only)
- ___ (other) _____

- I agree to the aforementioned Code of Conduct.
- NAME _____
- SIGNATURE _____
- Contact Number _____
- Email Address _____
- Date _____