

For your safety and as a courtesy to all members, the staff of Atrium Health Navicent Wellness Center and Employee Fitness asks that all members adhere to the following Code of Conduct.

- **ALL MEMBERS OF WELLNESS CENTER AND EMPLOYEE FITNESS:**
 - All paperwork, forms and membership documents must be kept up to date; this includes an active and current contact number (preferably mobile) and email address; a current photo and emergency contact is also required.
- **Masks**
 - Masks are encouraged but not required at both facilities; this protocol could change at any time; pay attention to updated signage
- **Proper Use of Equipment**
 - Use equipment as intended. Misusing equipment can result in injury and/or damage to the equipment; follow directions and instructions
 - Do not drop weights
- **Keep Gym Tidy**
 - Please rerack 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
 - Sanitize equipment after use. Spray towel not equipment for cleaning as overspray can damage equipment
 - Return used towels to respective bins
- **Cell Phone Usage / Music / Loud Conversations**
 - 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 and can be cause for loss of gym privileges. If you prefer to listen to your own music, you must utilize ear buds or the like.
- **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's 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; the body likes different methods of training
- **Personal Training**
 - If you are interested in our Personal Training please leave a message, 478-633-8513.
 - No member may train with another member for compensation. If we determine that such training occurs, the trainer and/or trainee may lose their membership/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.

- Dress Code
 - Wear conservative clothing and footwear including gym shorts that fully cover the backside. No midriff – bearing clothing or extremely loose tank tops. 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 are allowed for working out or walking. Swimsuits are appropriate wear only in the pool area; no swim wear in areas other than the pool area.
 - 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
 - Members of the Wellness Center must adhere to good personal hygiene

- **MEMBERS OF EMPLOYEE FITNESS:**
 - No guests
 - No children
 - Email EMPLOYEEFITNESSMACON@ATRIUMHEALTH.ORG with any questions or comments.
 - **There is no parking associated at Employee Fitness.** Your assigned parking is best, but if you don't 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.
 - Masks are currently required at all times.

- **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 that person's membership and/or agreements.

I am a:

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

- I AGREE TO ALL OF THE ABOVE TO INCLUDE FRONT AND BACK OF THIS PAPER,
- NAME _____
- SIGNATURE _____
- Contact Number _____
- Email Address _____
- Date _____