

## **Employee Fitness Code of Conduct: (MUST SIGN AT BOTTOM AND SUBMIT)**

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

- Do not bring guests into this facility. Bringing guests into Employee Fitness may result in termination
- 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
  - No food on Fitness Floor
  - Sanitize equipment after use
  - Return towels to respective bins
- Cell Phone Usage
  - Out of respect for other members please step out to lobby for phone calls
- Share Equipment
  - Do not sit on machines between sets
  - Ask if you may “work in” and always allow others the same courtesy
  - 30 minutes max on all cardio equipment when others are waiting
- Personal Training
  - If you are interested in our Personal Training please call, 478-633-8513 or [employeefitness@navicenthealth.org](mailto:employeefitness@navicenthealth.org)
  - No member may train with another member for compensation. If we determine that such training occurs at Employee Fitness, the trainer and/or trainee may result in termination.
- Lockers
  - We provide lockers for member use only while using the facility. Do not leave valuable property in a locker at any time. Employee Fitness is not responsible for any theft of or damage to your property.
- Dress Code
  - Employee Fitness requires members to wear appropriate clothing and footwear including:
    - Appropriate athletic shoes
      - For your safety, no open toed shoes are allowed on the fitness floor
    - Shorts of appropriate length
      - Use fingertips as a general guideline
    - No see through, sheer, midriff bearing or revealing clothing
    - Shirts are required by all members.
  - Hygiene
    - Clean workout attire is required
    - Members of Employee Fitness must adhere to good personal hygiene
- Consequences for Breach:
  - Employee Fitness management will not permit any inappropriate conduct. Consequences for breach are as follows:
    - Informal Warning
    - Formal Warning
    - Suspension.
  - 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 AGREE TO THE ABOVE:
- EMPLOYEE/PLUS 1 NAME \_\_\_\_\_
- EMPLOYEE/PLUS 1 SIGNATURE \_\_\_\_\_
- Contact Number: \_\_\_\_\_
- Email Address: \_\_\_\_\_