

FITNESS CENTER RULES: Members

FIT@DTC, LLC 8775 E Orchard Rd, Ste 819, Greenwood Village, CO 80111 303-792-9899 info@fitdtc.com

The following rules and procedures for Members describe some of the terms and conditions under which the Trainer/Member is granted access to the Center's facilities. These Fitness Center Rules are subject to change with or without notice.

General Facility Rules

- **Members must swipe their membership card upon entrance to facility, even if door is held open.**
- **All** members and their guests must have a signed Par-Q, informed consent and waiver of liability/express assumption of risk on file prior to participation.
- Proper exercise attire – including clean shirts, gym pants and toe-enclosed athletic shoes must be worn in the exercise areas.
- No food, beverages, profanity, smoking, loud music, or loud noises are allowed in the club – plastic water bottles permitted.
- **Members must clean equipment after each use.** Disinfectant spray bottles and cleaning towels are dispersed in the facility.
- Members must keep the entrance door locked at all times
- Report injuries and equipment failures to club management; **303-792-9899, Heather Altshuler, Fitness Center Director**

Cardiovascular Equipment

- **Treadmills:** Treadmills allow you to walk/run in place using a belt-driven-motor. Before beginning a workout on a treadmill:
 - Make sure the treadmill belt is stationary.
 - Make sure to tie your shoes, secure personal stereos and dangling jewelry.
 - Make sure the treadmill is plugged into the wall and the display is lit.
 - Straddle the belt with your feet on each side of the treadmill and off the belt before programming your workout or starting the treadmill. Then as the treadmill reaches a speed of 1.0 mph begin walking on the belt while holding onto the side rails.
 - When finished, be sure to let the belt slow down before dismounting but while you continue to complete your activity but on a decelerating basis to 1.0 mph.
 - **NEVER** attempt to mount a treadmill while the belt is running at a speed greater than 1.0 mph.
- **Bikes:** Bikes (both upright and recumbent) work when you begin to pedal. Before beginning a workout on a bike:
 - Adjust your seat height -there should be a slight bend at the knee when your leg is fully extended.
 - Use the foot straps to prevent slipping and improve on biomechanics efficiency.
 - Make sure to tie your shoes, secure personal stereos and dangling jewelry.
- **Ellipticals/Cross-Trainers:** Crosstrainers (both total and lower body) work when you begin to pedal. Before beginning a workout on a crosstrainer:
 - Make sure to tie your shoes, secure personal stereos and dangling jewelry.
 - Keep both feet flat on pedals while using.
 - Make sure pedals come to a complete stop before dismounting.

Strength Machine Equipment

- All strength machines are designed to perform 1 or 2 basic movements. Adjust the equipment for your size and range of motion. Before beginning a workout with the strength machine equipment:
 - Adjust the seat to your appropriate level.
 - Adjust the weights to your appropriate level.
 - Secure all loose clothing, personal stereos, and dangling jewelry.
 - Abide by all posted cautions and warnings on the equipment
 - Keep hands and feet away from weight stacks, moving parts, and cables while in motion. Use appropriate hand and foot grips.
 - **NEVER** sacrifice proper form to lift more weight.
 - Never use equipment that appears to be malfunctioning.
 - Do not try to adjust or modify the equipment with additional weight, cables, or the like.

Member's initials _____ Date: _____

FIT@DTC's initials: _____ Date: _____

Free Weight Strength Equipment

- Free weights are designed to give you total range of motion in a movement. Free weights include the dumbbells, barbells, weight plates, and racks. Before beginning a workout with free weights:
- Secure all loose clothing, personal stereos, and dangling jewelry.
- Adjust the weights to your appropriate level.
- Abide by all posted cautions and warnings on the equipment
- **NEVER** sacrifice proper form to lift more weight.
- Never use equipment that appears to be malfunctioning.
- **Always lift with a spotter (someone who is able to assist you with the weight). If you are lifting alone and during non-staffed hours, never try to lift free weights on a bench – use the SMITH machine.**
- **NEVER drop** or throw weights. Use appropriate bar racks and standards.
- **Always replace weights when finished. Weights on the floor present a tripping hazard.**

Security

The FIT@DTC Fitness Center is under 24-hour video surveillance but is not continuously monitored. Whether you are working out, entering/leaving the building/restrooms, your activities are recorded by this system. This video system is used for security purposes. The surveillance system does not protect you from harm in or on the building premises and is not monitored continuously on a real time basis. You must use caution when entering or leaving the building. A courtesy telephone is available and Emergency phone numbers are posted for your use if you feel threatened or witness suspicious activity. Do not allow access to individuals who knock on the door, as doing so may put you at risk for injury or harm, and could result in you losing your membership privileges. There are security “bracelets” with panic buttons available for you to wear at any time within the building. These are designed to signal authorities in the event you feel either threatened or you are in need of medical help. They are located on the wall by the entrance door – put one on when you enter the building and before commencing activity. If you do not do so, there may be no way to summon emergency help in the event that you need such assistance. The effectiveness of this device however is dependent on your ability to use it.

Restrooms & Showering Room

Lockable male and female restrooms are located in the rear hall. The single-shower changing room is located within the facility has a lock and should be used when you enter to change or shower. Please shower/change quickly as there is only one shower.

Severe Weather

In case of severe weather, please go immediately to the middle rear hallway where the male and female restrooms are located, close all doors and lay low to the ground. This area contains no windows and limited chance of flying debris.

Injury and First Aid

- For minor injuries (cuts, abrasions, etc) a first aid kit is located near the office door.
- For serious injuries that need medical treatment, dial the emergency numbers located next to the courtesy phone in either the bathroom or near office door. Additionally, use the panic button or security bracelets located on the wall by the front door.
- After the emergency is under control. Report all injuries to the Fitness Director by calling 303-792-9899.
- Fill out the accident/injury report form located near the office door.

Power Outage

In the event of a power outage, a flashlight is located in the bathroom cabinet. The door to the club has a fail save which will allow you to exit the club without power to the door strike. There are also emergency lights allowing you to see in case of a power outage.

Fire/Gas Odors

In the event you smell or see smoke, or gas odors, exit the building immediately. Call 911 from a cell phone or business nearby.

I accept the complementary equipment orientation session. I will not work out until orientation is completed.		
Orientation Set Date: _____ Orientation Completed Date: _____ Orientation completed by: _____		
Member's		
Name: _____	Signature: _____	Date: _____
If 18 or under, name/signature of guardian.		
Name _____	Signature: _____	Date: _____