

Fitness Center Behavior Policy

The following policies regarding the use of the fitness center are designed to keep everyone safe and ensure a clean, accessible, and healthy atmosphere for all members and guests.

Conduct and Etiquette

Please follow the Mundelein Park District Code of Conduct.

A positive approach is used regarding discipline. Staff periodically review rules with participants during programs. If inappropriate or unacceptable behavior occurs, prompt resolution will be sought and the Behavior Code of Conduct will be used as a guideline. The Park District reserves the right to remove a participant whose actions endanger the safety of themselves or others.

The Behavior Code of Conduct includes:

Show respect to all participants, staff and volunteers.

Follow direction from staff and volunteers.

Show respect to equipment, supplies and facilities.

Will not use inappropriate, abusive or foul language.

Will not show any disruptive or aggressive behavior (hitting, punching, slapping, kicking, biting, etc.), regardless of whether behavior is initiated or in retaliation.

Fitness Center Orientations

It is highly recommended that all members participate in an *Equipment Orientation*. This is a FREE benefit included in your membership.

Age Guidelines

Members and guests age 18 and older are permitted full use of the fitness center with signed waiver on file.

Members and guests age 14 - 17 are permitted full use of the fitness center with signed parental waiver on file.

A youth orientation is required for ages 12 – 13 and fitness center use is allowed only with parental supervision.

Cardio Time Limit

During busy times or when people are waiting, please limit use of the cardio equipment to 30 minutes.

Rack Your Weights

As a courtesy, when using free weights (or other movable equipment) please return them to their proper place at the end of your workout, making sure to strip bars and return plates to storage racks.

Weights

Do not bang, throw, or drop weights.

When necessary, use a spotter.

Fitness Attendants are available to provide this service at their own discretion.

Using safety clips is recommended for all barbell and plate lifts and is required for barbell overhead lifts, squat and bench.

Circuits and Linging on Equipment

If you intend to perform more than one set of repetitions on a machine, please allow others to work in between your sets. Be careful not to interfere with another's workout by lingering too long on any one piece of equipment.

Proper Attire & Hygiene

Appropriate workout attire is required. No swimsuits or clothing that may be inappropriate in a family environment are allowed. Shirts must be worn at all times. Non-marking, closed toe athletic shoes must be worn in all fitness areas, unless instructor specifies otherwise. Please be courteous to others by observing proper regular hygiene and limiting use of perfumed sprays.

Wipe Down Equipment

Members must wipe down equipment using fitness wipes located throughout the fitness center.

Report Equipment Malfunctions & Injuries

Fitness center participants should report all equipment malfunctions, personal injuries and specific concerns immediately to the staff.

Food

Closed water bottles are allowed. No food or gum permitted in any fitness area.

Personal Media Devices

Cell phones are permitted on the fitness floor and in the locker rooms, but phone calls and photos are prohibited from the fitness floor, in studios or in locker rooms.

Using personal media devices without the use of headphones is prohibited on the fitness floor and in the locker rooms.

TV Monitors

Please do not touch the TV monitors or the controls on the TVs. Use the remote to change channels if necessary. Please do not adjust the volume on the TV monitors.

Gym Bags

For your safety, store personal items including gym bags, purses, extra clothing, etc. in the locker rooms. See Customer Service Staff for locker use instructions.

Personal Trainers

The Mundelein Park District offers *Personal Training* for our facility members and guests. **USE OF NON-MUNDELEIN PARK DISTRICT PERSONAL TRAINERS IS PROHIBITED WITHIN OUR FACILITIES AND PARKS.**