

ALLEGAN COUNTY FITNESS CENTER

Use and Conduct Rules

1. All users must adhere to the Fitness Center Policy #508 in the Employee Handbook on the Allegan County website.
<http://cms.allegancounty.org/sites/Office/HR/EmployeeHandbook/508-FitnessCenter>
2. All users should consult their physician before beginning any exercise program.
3. Fitness Center users must follow the posted instructions (if any) for using the provided equipment.
4. It shall be the responsibility of Fitness Center users to clean equipment when they are finished using it. Antiseptic towelettes will be provided for this purpose.
5. If a member notices broken equipment they must place an “Out of Service” placard (available in the workout area) on the equipment and notify Allegan County Facilities Management as soon as possible by submitting a TrackIT work order, calling 673-0220 ext. 2662 or emailing FACILITIES@allegancounty.org.
6. Appropriate attire must be worn at all times. Additionally, users must wear clean shoes while using workout area.
7. There will be a 20-minute time limit on all equipment if another member is waiting to use it.
8. Water will be the only beverage allowed in the Fitness Center. All food and other beverages are prohibited.
9. AED machine and First Aid Kit will be available in workout areas.
10. Lockers will not be assigned and they must be cleaned out daily after each use. Members must provide their own lock. Any lock left attached to a locker will be removed and the locker will be cleaned out at the lock owner’s expense.
11. Body wash liquid soap will be provided in locker room showers. If a user chooses to bring their own products, the user must remove them after each use.

Failure to comply with the Use and Conduct Rules may result in loss of use of Fitness Center.