



FITNESS CENTER  
At the Buffalo Grove Park District

## Facility Rules & Etiquette

Our goal is to provide a safe and pleasant environment for all to enjoy. To that end, guests of the Fitness Center are expected to abide by the following rules and etiquette while patronizing the facility. Following these rules will keep the facility clean, organized and safe. As per the membership agreement, the facility management has the right to enforce rules that are more stringent or that supplement those listed here. Personal conduct within the facility must be such that the safety of self and others is not jeopardized.

- Use respect when communicating or interacting with staff and other members within the facility. A member identified by staff as disorderly or disrespectful may be removed from the facility at the manager on duty's discretion. The member may be suspended for a specific time, and/or membership may be permanently revoked, as determined by the General Manager.
- Proper gym attire must be worn while on the fitness floor. Shoes must remain on at all times.
- Talking on cell phones is strictly prohibited except in the lobby and near Member Services.
- Gym bags, coats, hats, etc. must be kept in a locker or must be hung on a coat rack. These items cannot be on the fitness floor for safety reasons.
- Please change from your outdoor shoes to indoor shoes when using the facility for exercise. Salt and mud damage the equipment, especially the cardio equipment.
- Do not "Hold", "Save" or "Reserve" equipment or amenities for yourself or anyone else.
- Put equipment back where you found it, and in its corresponding place.
- Use equipment in a timely manner as others may be waiting to use it. Do not rest on equipment between sets.
- Cardio equipment and lifting platforms will be limited to 30 minutes of use during peak times.
- Do not allow weights to drop or "bang" when using them. This damages the equipment and the floor. It can also cause harm to yourself or those around you. The only exception is when using the bumper plates on the lifting platforms.
- To minimize the spread of germs, wipe down equipment with disinfecting spray or wipes before and after each use.
- Leave all walkways clear of equipment.
- Make sure your towel(s) are tossed in a dirty towel bin after use.
- Throw away all garbage in the trash and recycling cans provided.
- Any clothing worn inside the sauna or steam room must be clean. Sandals are recommended and sneakers/outdoor shoes are prohibited.

I have read and understand the facility rules and etiquette: \_\_\_\_\_