



EXERCISE FACILITY ORIENTATION

This document contains policies for the operation of the Health Fitness and Nutrition Program which promotes health and wellness within the Nisqually Indian Tribe including enrolled tribal members, community members, and employees. Included are policies describing the facility rules, expectations, proper gym etiquette and code of conduct that ***MUST*** be followed at all times. These policies are subject to change or amendments as new exercise science information becomes available or as needed.

WEIGHT ROOM, CARDIO ROOM, SWOLEVILLE

Use of the Weight Room, Cardio Room and Swoleville will be made available to guests after submitting a waiver of liability indemnifying the Nisqually Youth and Community Center and the Nisqually Indian Tribe.

- The Nisqually Youth and Community Center strongly recommends that guests consult with a doctor prior to starting any kind of exercise regimen.
- Guests assume all risks and responsibilities while using Nisqually Youth and Community Center fitness equipment.
- Everyone ***MUST*** complete an orientation walk through with a member of the Health Fitness and Nutrition Staff to become familiar with the facility rules, expectations, proper gym etiquette and code of conduct.
- Youth 14 and 15 are welcome to use all fitness equipment ***ONLY IF*** they are accompanied by a parent or legal guardian. A liability waiver must be filled out by everyone prior to accessing the facility. A parent or legal guardian must sign the liability waiver for anyone under the age of 18 years old.
- Youth 16 and up are allowed to use all fitness equipment without a parent or legal guardian present. A liability waiver must be filled out by everyone prior to accessing the facility. A parent or legal guardian must sign the liability waiver for anyone under the age of 18 years old.



- Children under the age of 14 are not allowed in the workout areas under any circumstances.
- Appropriate athletic apparel must be worn at all times. This includes athletic shoes with rubber soles only. No street shoes, boots, sandals, or any other open-toed shoes are to be worn in the workout areas. Clients must wear shorts, sweat pants, t-shirts, tank tops, and leggings and or accessories deemed appropriate by Community Center rules, regulations, and expectations.
- Shirts must be worn at all times for hygiene purposes. Sports bras must be covered up by a shirt. Proper attire does not include street clothes.
- No foul language or loud outbursts will be tolerated.
- No food, tobacco, chewing gum, glass bottles, or cans. Only water is allowed in a plastic container with a lid.
- Please adhere to the following weight limitations of exercise equipment: weight benches (600lbs), treadmills (500lbs), ellipticals (330lbs), bikes (330lbs), and rowing machine (300lbs) as posted for your own safety.
- All equipment must be used in the manner for which it was designed.
- Participants must wipe off the equipment after each use. Use sanitization wipes that are provided in each room to wipe down equipment and benches after each use.
- Keep hands and feet clear of moving parts while machine is in use. Place hands and feet only on the handgrips and footpads provided.
- Do not operate equipment if it has loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Notify Youth Center Staff of the problem immediately.
- Only Personal Trainers employed by the Nisqually Health Fitness and Nutrition Program are allowed to give private instructions in the fitness areas.
- Please do not occupy equipment between sets. Allow others to work out during your rest periods.



- All free weight users must have at least one spotter at all times.
- Return all weights and equipment to their proper location after use.
- Please report any problems with equipment to the staff as soon as possible.
- Always use a spotter when attempting maximum weight.
- Always secure free weights on lifting bars with collars or pins/clips.
- There is a 30-minute time limit on all cardio equipment during peak hours. If no one is waiting you may use equipment as long as desired.
- Participants exercise at their own risk, and they are responsible for their own health and safety.
- It is the user's responsibility to follow and obey all rules posted by the Health Fitness and Nutrition Program Staff.
- Anyone violating any of the policies will be asked to leave and or may result in possible suspension of privileges. Cardio or weight room, locker rooms, and Swoleville are subject to closure due to violating these rules.

I understand and acknowledge there is risk involved in exercise and using any and all equipment within the Nisqually Youth and Community Center. I agree that I am voluntarily assuming the risk of and participating in this activity and using the exercise facilities and assume all risk of injury, the contraction of any illness or medical condition that might result, or any damage, loss or theft of any personal property, whether any of the foregoing are suffered by me and/or my family members. To the maximum extent allowed by law, I agree on my own behalf and on behalf of my family, personal representatives, heirs, executors, administrators, agents and assigns, to indemnify, defend and hold harmless as well as waive and release any and all claims, suits or related causes of action against the Nisqually Indian Tribe for all losses.

Print Name: _____

Signature: _____

Date: _____