

*Bellin Health has set guidelines to help ensure a safe, respectful, and positive environment for our members. Please familiarize yourself with these guidelines.*

## **XL Olympic Weight Room Guidelines**

1. All members must check in at the Wellness Front Desk prior to utilizing any equipment or space.
2. The Olympic Weight Room may be closed during XL classes. A schedule of XL class times is posted.
3. Members must be 14 years of age or older and complete an XL Olympic Weight Room orientation.
4. Personal items must be placed in the locker rooms or designated storage space at the end of track.
5. Clean up, sanitize, and return all equipment to its proper location when finished.
6. No chalk allowed.
7. Use clamps on all barbells and have a spotter assist at all times.
8. Athletic shoes must be worn at all times. Shoes should be in good condition and free of any moisture, salt, or dirt.
9. Music volume and selection must be appropriate for a variety of users.
10. Volume of iPods, MP3 players and other personal listening devices should be kept at a moderate level.
11. Water (in spill proof container) is the only liquid allowed on turf, court, track, and weight room.
12. No food allowed.
13. Use of cameras, camera phones, and other audio and video recording equipment of any kind is prohibited within the facility and locker rooms.
14. Cell phone use is limited to the XL entrance area or clinic lobby area. Step out if you must take a call.
15. Report equipment failures or maintenance concerns to the XL staff immediately.



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## **Wellness Center Facility Guidelines**

1. All members must check in at the Wellness Front Desk prior to utilizing any equipment or space.
2. Members must be at least 14 years of age or older and complete orientation to utilize the facility without parent supervision.
3. Limit use of cardio equipment to 30 minutes. Members are encouraged to utilize waiting lists posted in cardio area.
4. Allow other members to use strength equipment during breaks or between sets.
5. Personal items must be placed in the locker rooms or designated storage space at the end of track.
6. Clean up, sanitize, and return all equipment to its proper location when finished.
7. Use clamps on all barbells and have a spotter assist at all times.
8. Athletic shoes must be worn at all times. Shoes should be in good condition and free of any moisture, salt, or dirt.
9. All liquids/beverages must be in a spill proof container.
10. Water is the only liquid allowed on turf, court, track, and weight room.
11. No food allowed.
12. Use of cameras, camera phones, and other audio and video recording equipment of any kind is prohibited within the facility and locker rooms.
13. Cell phone use is limited to the clinic lobby area. Step out if you must take a call.
14. Report equipment failures or maintenance concerns to the front desk staff immediately.