



# VESTAVIA HILLS

CIVIC CENTER

## Fitness Center Guidelines

1. Participants must be 16 years of age or older to utilize the Fitness Center. Ages 12-15 are permitted access with adult 18 or older.
2. Dress Code
  - In order to maintain a welcoming environment for all patrons, clothing that sends profane, inflammatory or bigoted messages is prohibited.
  - Tops are required in all activity areas and must provide full coverage of the chest. Shorts must cover the entire buttocks.
  - For the safety of all patrons, only close-toed, full-back, athletic shoes with non-marking soles are permitted in all fitness activity spaces during active participation.
  - In order to maintain the quality and condition of our fitness equipment, pants or shorts with embellishments are prohibited on pads of the fitness equipment. Jeans or clothing with zippers or exposed metal are not permitted.
3. Water is permitted in non-breakable, closed containers only. Food, protein shakes or any other flavored/colored drinks are prohibited.
4. Please follow all safety precautions posted on fitness equipment. Equipment must be used for the manner in which it is designed.
5. Fitness Center equipment must remain in the Fitness Center. Participants are prohibited from removing equipment and using it in other areas of the VHCC.
6. Participants are required to wipe off equipment after each use.
7. Limit use of cardiovascular equipment to 30 minutes if others are waiting.
8. Participants are required to re-rack all weights and return equipment to its appropriate location after use.
9. Weights must be controlled at all times. Slamming or dropping of weights is prohibited.
10. Improper use of equipment is prohibited. Improper use consists of, but is not limited to, standing on equipment, standing on weights, stacking weights under equipment and top loading equipment.
11. Weights are not to be leaned against walls, columns, other equipment or mirrors.
12. Personal bags or items must be stored in the provided cubbies or the daily use lockers. Bags and items on the fitness floor or equipment disrupts accessibility and may cause a tripping hazard.
13. The use of chalk is prohibited.
14. Headphones are required for all personal electronic devices.
15. Participants not familiar with the operation of the fitness equipment can ask for assistance from trained VHPR staff.
16. Outside personal training is strictly prohibited. No solicitation is allowed.
17. Immediately report any weight room related injury or facility/equipment irregularity to VHPR Staff.
18. Infant seats and strollers are prohibited in all Fitness Center areas.
19. All movements and exercises must be performed in a safe manner as deemed by VHPR staff.