



POLICY

The Chatham Area Transit Authority Fitness Center will provide a safe and secure environment where employees can achieve their fitness goals. The rules are designed for the protection of our employees and facilities. Employees must observe all posted signs and directions provided. Violations may result in loss of gym privileges. All users are required to sign this policy and a waiver form.

RULES & REGULATIONS

- 1.) The fitness center can only be accessed by current employees using the employee's access control badge and after employee has signed the rules and liability waiver. Employees must be granted access control to exercise in the Fitness Center.
- 2.) Friends, family members, and children are strictly prohibited.
- 3.) Participants exercise at own risk.
- 4.) Appropriate attire is required: shirts, appropriate pants/bottoms (no cut-off jeans or clothes with visible zippers that could damage the surface of the equipment), and athletic shoes must be worn (no sandals, heels, or bare feet).
- 5.) No food, gum, alcohol or tobacco products, or beverages allowed except for water in plastic containers. No glass of any kind is permitted.
- 6.) Personal radios/music players may only be used with headphones.
- 7.) Employees must avoid distractions and potential accidents for themselves and others while in the gym. Therefore, talking and texting on the cell phone while in the gym and/or using the equipment is strictly prohibited. Should the employee need to answer a cell phone or make a phone call, he/she should leave the gym area to conduct such business.
- 8.) Do not drop or slam weights on machines or floor. Do not move stationary equipment for any reason.
- 9.) Wipe off machines after each work-out (towels not provided).
- 10.) Participants must use collars and spotters on all free weights.
- 11.) There is a 30-minute limit on all cardiovascular machines when there is a waitlist.
- 12.) Lost, broken, or damaged equipment should be reported immediately. Broken or damaged equipment should not be used. Misuse or abuse of equipment should also be reported.
- 13.) Equipment cannot leave the Fitness Center at any time for any reason unless being removed for scheduled repair/maintenance.
- 14.) Pets, Bicycles, skateboards, roller skates, and roller blades are not permitted in the fitness center.
- 15.) Chatham Area Transit will not be responsible for lost or stolen items. Personal items should be left in your vehicle or placed in a locker. Do not leave personal items on the floor.
- 16.) Smoking and tobacco use of any type are not permitted.
- 17.) Alcoholic beverages are not permitted in the fitness center.



18.) Georgia laws and Chatham Area Transit policies regarding illegal substances will be strictly enforced.

19.) All users are expected to be responsible, courteous, and safety-conscious at all times. Horseplay will not be tolerated. Users who disregard any of the stated rules will be asked to leave the facility and will be suspended from use of the fitness center.

APPLIES TO:

All employees of employees, candidates for employment, passengers, customers and the general public for Chatham Area Transit Authority.



Chatham Area Transit Fitness Center Rules & Liability Waiver Acknowledgment Form & Agreement

I, _____, for and in consideration of the gratuitous opportunity to use Chatham Area Transit Fitness Center and the equipment therein, do hereby agree as follows:

(1) I hereby waive for myself, my heirs, executors, administrators or assigns, any and all claims, demands, actions or causes of action, against the Chatham Area Transit, its officers, agents and employees of whatever kind or nature may arise in any manner by reason of injury or damage to my person or property or both while I am using the Fitness Center and the equipment therein.

(2) I do hereby covenant and agree that I will never instigate any suit or action against the Chatham Area Transit, **its** officers, agents or employees, for damages or loss or injury of any kind for or on account of any damages, loss or injury to my person or property or both which may arise in any manner while I am using the Fitness Center and the equipment therein.

(3) I agree to hold harmless the Chatham Area Transit, its officers, agents and employees for any injury, including but not limited to claims for wrongful death, arising in any manner to me or by my actions, to any other person, while participating in the use of the Fitness Center and the equipment therein.

(4) I further agree to abide by all existing rules and regulations regarding use of the Fitness Center, as promulgated by the Chatham Area Transit. I understand that failure to so comply may result in loss of privileges regarding use of said facility.

I have read the foregoing agreement and rules and understand that it constitutes a formal legal document.

Date _____ Signature of Participant _____

Printed Name _____