

## Spa & Exercise Room Rules

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### **EXERCISE ROOM RULES**

1. This room is for use by registered users only.
2. Consult and follow advice of your physician prior to use.
3. Equipment should not be used by persons experiencing health problems. (I.E. bad heart condition, high blood pressure, etc)
4. Improper use of equipment can result in injury.
5. Review any instructions prior to use.
6. The exercise room may not be supervised. Do not exercise alone.
7. Shirts and athletic shoes must be worn at all times.
8. No street shoes.
9. Absolutely no glass containers allowed in the room.
10. No one under the age of 14 is permitted to use this facility without adult supervision.
11. Use of the equipment is at your own risk.
12. All persons using the exercise room do so at their own risk and sole responsibility.
13. The Facility / Municipality accept NO responsibility for injury, death or loss associated with the use of the exercise room. (I.E. clothing, valuables etc.)
14. Please wipe off equipment after you use it

### **SPA ROOM RULES**

1. Elderly persons, pregnant women, infants and those with health conditions requiring medical care should consult with a physician before entering a spa.
2. Unsupervised use by children under the age of 14 is prohibited.
3. Hot water immersion while under influence of alcohol, narcotics, drugs or medicines may lead to serious consequences and is not recommended.
4. Area is not supervised – Do not use alone.
5. Long exposure may result in nausea, dizziness or fainting.
6. Absolutely no glass containers allowed in Spa area.