



A Service of Tulare Local Healthcare District

Policy Name:	Equipment Use & Fitness Floor Etiquette Policy
Policy Number:	
Version Number:	001
Approved by Board on:	
Scheduled review date:	

Purpose

Evolutions Fitness & Wellness Center (“Fitness Center”) is committed to providing a safe, clean, respectful, and welcoming environment for all members and guests. This policy establishes the standards for the safe use of fitness equipment, proper conduct on the fitness floor, and member etiquette to promote the health, safety, and enjoyment of all facility users.

General Conduct

Members and guests are expected to conduct themselves in a respectful and courteous manner at all times. Members are expected to follow all posted facility rules and staff instructions.

The following behaviors are prohibited:

- Harassment, discrimination, intimidation, threatening behavior, or bullying.
- Inappropriate, disruptive, or abusive behavior.
- Offensive or abusive language.
- Sexual or inappropriate conduct anywhere within the facility.
- Filming or photographing other members, guests, or staff without their consent.

Proper Attire

Appropriate workout attire is required while using the fitness floor. Members must wear:

- Athletic clothing appropriate for exercise.
- Closed-toe athletic shoes.
- Clothing that provides appropriate coverage.

The following are prohibited:

- Jeans.
- Open-toe footwear.
- Clothing with exposed metal hardware that may damage equipment.
- Clothing displaying offensive language or graphics.

Members are encouraged to practice good personal hygiene and avoid wearing excessive fragrances or perfumes.

Equipment Use

Members are responsible for using equipment safely and as intended.

Members shall:

- Read and follow all equipment instructions, warning labels, and staff directions.
- Use equipment only for its intended purpose.
- Select resistance and weight loads appropriate for their fitness level and experience.
- Seek assistance from staff before using unfamiliar equipment.
- Use a spotter whenever appropriate during free-weight exercises.
- Exercise reasonable care to avoid creating hazards for themselves or others.
- Immediately discontinue use of damaged or malfunctioning equipment and report it to staff.

Members shall not:

- Drop, slam, throw, or intentionally misuse weights or equipment.
- Modify or tamper with equipment.
- Reserve equipment while not actively using it.
- Occupy multiple pieces of equipment.

Equipment Courtesy

Members are expected to share equipment and be considerate of others.

Members shall:

- Wipe down equipment after each use using the provided cleaning supplies.
- Return dumbbells, barbells, weight plates, accessories, and other equipment to their designated storage locations immediately after use.
- Allow other members to "work in" between sets whenever practical.
- Limit cardio equipment use to approximately 30 minutes during peak operating hours when others are waiting.
- Keep rest periods reasonable.

Fitness Floor Safety

To help maintain a safe workout environment:

- Members must maintain awareness of their surroundings while exercising.
- Exercise should only be performed within the designated workout areas.
- Members should not attempt exercises beyond their physical ability.
- Members experiencing dizziness, illness, chest pain, or other concerning symptoms should stop exercising immediately and notify staff.
- Staff may stop any activity deemed unsafe.

Walking Track

Members using the indoor walking track shall:

- Travel in a counterclockwise direction unless otherwise directed by staff or posting.
- Walkers should remain in the inside lane.
- Runners should remain in the outside lane.
- Not stop, gather, or block traffic on the track.
- Not sit on or climb over track railings.

Group Exercise Studios

To ensure member safety and support scheduled programming, access to group exercise studios is limited as follows:

- Designated studios may be used by members for stretching or individual workouts only when a scheduled class, program, or special event is not in session.
- Restricted studios are reserved exclusively for scheduled group exercise classes, Fitness Center programs, and personal training sessions. Members may not use these studios for independent workouts or stretching.
- Members must vacate any designated studio at least five (5) minutes before the start of the next scheduled class or program.
- Members may not enter a studio while a class is in progress unless they are registered participants or otherwise authorized by Fitness Center staff.
- Members participating in group exercise classes or personal training sessions must follow all instructor or trainer directions and comply with program-specific rules.
- Evolutions Fitness & Wellness Center reserves the right to restrict access to any studio at any time for programming, maintenance, or operational needs.

Personal Belongings

To maintain a safe and uncluttered fitness floor:

- Bags, backpacks, purses, coats, and personal belongings must be stored in designated lockers.
- Personal items may not obstruct walkways or equipment.
- Only water or sports drinks in sealed, non-breakable containers are permitted on the fitness floor.
- Food, alcohol, glass containers, and chewing gum are prohibited in workout areas.

Cell Phone and Electronic Device Use

Members are expected to use electronic devices in a manner that does not interfere with the safety or experience of others.

- Phone conversations should be limited to designated areas.
- Photography or video recording of other members or staff without consent is prohibited.
- Headphones may be used provided the volume allows members to remain aware of their surroundings and respond to emergency instructions.

Youth Access

- Children under 12 years of age are not permitted on the fitness floor.
- Members ages 12 through 16 must have an active membership or valid guest pass and must be accompanied by, and remain under the direct supervision of, a parent or legal guardian while using the fitness floor.
- Youth members must comply with all requirements of the Evolutions Youth Member Policy.

Staff Authority

Fitness Center staff may:

- Correct unsafe or inappropriate behavior.
- Restrict use of equipment.
- End a member's workout when safety concerns exist.
- Remove members from the fitness floor for policy violations.
- Suspend or revoke fitness floor privileges in accordance with the Policy Enforcement and Membership Termination Policy.

Policy Violations

Failure to comply with this policy may result in disciplinary action, including:

- Verbal reminder or warning.
- Removal from the fitness floor for the remainder of the visit.

- Temporary suspension of fitness floor privileges.
- Suspension or termination of membership in accordance with the Policy Enforcement and Membership Termination Policy.
- Referral to law enforcement

Assumption of Risk

The use of exercise equipment and participation in physical activity involve inherent risks, including the possibility of serious injury. Members are responsible for exercising within their physical abilities, following staff instructions, and using equipment safely.

By using the Fitness Center, members acknowledge these inherent risks and agree to comply with this policy and all posted facility rules.