



A Service of Tulare Local Healthcare District

Policy Name:	Locker Room & Amenity Use Policy
Policy Number:	
Version Number:	001
Approved by Board on:	
Scheduled review date:	

Purpose

Evolutions Fitness & Wellness Center ("Fitness Center") is committed to providing clean, safe, comfortable, and respectful locker room facilities and amenities for all members and guests. This policy establishes standards for the appropriate use of locker rooms, saunas, showers, and related amenities while promoting member safety, privacy, hygiene, and respect.

Policy

Members and guests are expected to use all locker room facilities and amenities responsibly and in a manner that promotes a safe, sanitary, and respectful environment.

1. Locker Room Access

Evolutions Fitness & Wellness Center provides separate Men's, Women's, and Family locker rooms. Members and guests are expected to use the locker room that corresponds with their gender identity or the Family Locker Room, as appropriate. The Family Locker Room is intended for:

- Parents or legal guardians assisting children.
- Individuals requiring assistance from a caregiver of a different gender.
- Families participating in authorized Fitness Center programs.
- Members who prefer additional privacy.

Members requiring assistance from a person of a different gender should use the Family Locker Room whenever possible. Only authorized members, guests, and participants in approved programs may enter locker room facilities.

2. Respect and Privacy

Members are expected to exercise courtesy and discretion while using locker room facilities. Members and guests shall respect the privacy, dignity, and comfort of others at all times. The following are prohibited:

- Harassment, intimidation, discrimination, threatening, or disruptive behavior.
- Inappropriate, lewd, or sexual conduct.
- Photography, video recording, audio recording, or live streaming.
- Members and guests shall use the Men's Locker Room, Women's Locker Room, or Family Locker Room as appropriate. Individuals requiring assistance from a caregiver of a different

gender, or families with young children, should use the Family Locker Room. Entry into another locker room is prohibited unless authorized by Fitness Center management.

3. Proper Use of Locker Rooms

Locker rooms are provided for changing, showering, restroom use, and preparing for or following exercise. Members shall:

- Keep locker room areas clean and orderly.
- Dispose of trash in designated receptacles.
- Use lockers for day use only unless otherwise designated by Fitness Center management.
- Remove all personal belongings at the end of each visit.
- Secure personal belongings using a personal lock.

Personal grooming such as shaving, hair trimming, or similar activities shall be performed only in designated sink areas.

4. Personal Property

Members are responsible for safeguarding their personal belongings.

- Evolutions Fitness & Wellness Center is not responsible for lost, stolen, or damaged personal property.
- Unattended belongings may be removed by staff.
- Lost property will be handled in accordance with the Fitness Center's Lost and Found procedures.

5. Locker Room Attire

To promote member comfort and respect:

- Appropriate attire or towel coverage shall be worn when entering or exiting the locker rooms to access other areas of the facility.
- Members shall not occupy locker rooms for purposes unrelated to changing, showering, or using the provided amenities.

6. Sauna Use

Saunas are available in the Men's and Women's Locker Rooms for the relaxation and wellness of adult members. Members use the sauna at their own risk.

6.1 General Requirements

- Appropriate clothing or swim attire is required at all times.
- Shoes are not permitted inside the sauna.
- Members are encouraged to sit on a clean towel while using the sauna.

- Sauna sessions should be limited to 15 minutes at a time.
- Members should remain adequately hydrated before and after sauna use.

6.2 Safety Requirements

For the safety of members and protection of facility equipment:

- Individuals under 16 years of age are not permitted to use the sauna.
- Tampering with the thermostat, temperature controls, or heating equipment is not permitted.
- Introducing water, oils, fragrances, or any other substance to the heating elements or sauna rocks is strictly prohibited.
- Covering or obstructing heaters, vents, or safety devices is not permitted.
- Placement of towels, clothing, paper products, or other combustible materials on or near the heating equipment is strictly prohibited.
- Glass containers, food, chewing gum, alcohol, and tobacco products are prohibited.
- Electronic devices are discouraged due to heat damage and safety concerns.

6.3 Health Precautions

Members should not use the sauna if they:

- Are under the influence of alcohol or drugs, or if they do so against the advice of a doctor or pharmacist, or contrary to the instructions of any prescription medication being taken.
- Have a fever, contagious illness, or open wounds.
- Feel dizzy, faint, nauseated, or overheated.

Individuals who are pregnant or who have cardiovascular disease, high blood pressure, diabetes, or other medical conditions should consult their healthcare provider before using the sauna.

Members experiencing dizziness, nausea, or other signs of heat-related illness should exit the sauna immediately and notify staff if assistance is needed.

7. Children and Family Locker Room Use

The Family Locker Room is the preferred changing area for families with young children and members requiring caregiver assistance.

- Children under the age of 12 should use the Family Locker Room whenever practicable when accompanied by a parent or legal guardian.
- Families participating in Parent & Pipsqueaks, swim lessons, or other authorized youth programs should use the Family Locker Room whenever practicable and comply with all program-specific locker room guidelines.

- Members ages 12 through 17 must comply with the Evolutions Youth Member Policy and any applicable supervision requirements.
- Caregivers assisting an individual of a different gender should use the Family Locker Room whenever possible.

8. Cleanliness and Hygiene

To maintain a clean and sanitary environment, members and guests must:

- Dispose of towels, paper products, and trash in designated receptacles.
- Shower before using aquatic amenities.
- Dry off before returning from the pool area whenever possible.
- Do not leave personal belongings, towels, or trash on benches or floors.
- Help maintain a clean and safe environment for all members.

9. Prohibited Conduct

The following are prohibited throughout all locker room and amenity areas:

- Smoking, vaping, or use of tobacco products.
- Alcohol or illegal drugs.
- Glass containers.
- Sleeping.
- Inappropriate or sexual behavior or activity of any kind.
- Loud, disruptive, aggressive or offensive behavior.
- Misuse or vandalism of lockers, showers, saunas, plumbing, or other facility equipment.
- Tampering with thermostats, plumbing, electrical systems, heating equipment, or safety devices.

10. Staff Authority

Fitness Center staff may:

- Correct unsafe or inappropriate behavior.
- Require members or guests to leave the locker room or amenity areas.
- Temporarily close locker rooms or amenities for cleaning, maintenance, repairs, or safety concerns.
- Suspend or revoke locker room or amenity privileges in accordance with the Policy Enforcement and Membership Termination Policy.
- Contact law enforcement.

11. Policy Violations

Failure to comply with this policy may result in:

- Verbal warning.
- Removal from the locker room or amenity area.
- Temporary suspension of locker room or amenity privileges.
- Suspension or termination of membership in accordance with the Policy Enforcement and Membership Termination Policy.
- Involvement of law enforcement.

12. Assumption of Risk

Use of locker rooms, saunas, showers, and other amenities involves inherent risks, including exposure to heat, wet surfaces, slips, falls, and other hazards. Members are responsible for exercising good judgment, following all posted rules, and complying with staff instructions while using these facilities.

13. Policy Revisions

Evolutions Fitness & Wellness Center reserves the right to amend this policy as necessary to maintain compliance with applicable laws, industry standards, and operational needs.