



A Service of Tulare Local Healthcare District

Policy Name:	Member Gym Safety Policy
Policy Number:	
Version Number:	002
Approved by Board on:	
Scheduled review date:	

Purpose

Evolutions Fitness & Wellness Center ("Fitness Center") is committed to providing a safe environment for all members, guests, staff, and visitors. This policy establishes general safety expectations for the use of the Fitness Center and promotes the prevention of injury through safe exercise practices.

General Safety

Members are responsible for exercising in a safe manner and using reasonable care while participating in physical activity. Members shall:

- Exercise only within their physical abilities and limitations.
- Follow all posted safety signs, equipment instructions, and staff directions.
- Use equipment only for its intended purpose.
- Stop exercising immediately if they experience dizziness, chest pain, shortness of breath beyond normal exertion, or any other concerning symptoms.
- Notify Fitness Center staff immediately of any injury, accident, illness, incident, or unsafe condition.

Equipment Safety

To reduce the risk of injury:

- Members should seek assistance from staff before using unfamiliar equipment.
- Appropriate weight loads should be selected based on individual ability and experience.
- A spotter should be used whenever appropriate during free-weight exercises.
- Damaged or malfunctioning equipment must not be used and should be reported to staff immediately.
- Members shall not modify, tamper with, or otherwise misuse equipment.

Health Considerations

Members should not participate in physical activity when doing so could endanger themselves or others. Members are encouraged to:

- Consult their healthcare provider before beginning a new exercise program or following any significant change in health status.
- Follow any instructions given by a healthcare provider regarding the frequency and level of any exercise activity.

- Remain adequately hydrated before, during, and after exercise.
- Inform staff of any medical emergency requiring immediate assistance.

Emergency Procedures

In the event of an emergency:

- Notify a Fitness Center employee immediately.
- Follow staff instructions during emergency situations.
- Do not interfere with emergency responders or emergency equipment.
- Automated External Defibrillators (AEDs) and first aid equipment are available within the facility for emergency use.

Staff Authority

Fitness Center staff may:

- Stop any activity determined to be unsafe.
- Restrict the use of equipment or areas when safety concerns exist.
- Close equipment or portions of the facility for maintenance or emergency situations.
- Remove individuals who create unsafe conditions or refuse to comply with safety instructions.

Policy Violations

Failure to comply with this policy may result in corrective action in accordance with the Policy Enforcement and Membership Termination Policy, including removal from the facility, suspension of privileges, or termination of membership.

Assumption of Risk

Participation in exercise, fitness activities, and the use of exercise equipment involves inherent risks, including the possibility of serious injury, illness, disability, or death. By using the Fitness Center, members acknowledge these inherent risks and agree to exercise responsibly, follow all safety instructions, and comply with all Fitness Center policies.

Version	Approved by Board Date
001	09/25/2024
002	