

Facility Rules & Regulations



Rules and Regulations for the use of the Riverview Rehab and Fitness facility (hereinafter known as "facility") are established and will be enforced. As a condition of participation, each client must comply with the following rules and regulations which may be amended from time to time by the facility. If you have any questions or concerns, the staff will be pleased to assist you.

PLEASE READ CAREFULLY AND SIGN. THIS SIGNED COPY WILL BECOME PART OF YOUR PERMANENT FILE.

General Rules

- All Clients must complete an assessment and program appointment prior to accessing the gym.
- Payment in full is due prior to the first visit.
- All clients must check-in by swiping their membership card (non-transferable) at the front desk.
- All posted rules and notices must be obeyed.
- Memberships can be utilized at both the Noblesville and Carmel locations.
- Therapy patients take precedent over fitness members regarding equipment and facility utilization.
- Please respect the privacy and confidentiality of our therapy patients receiving treatment.
- Only Riverview Health Rehab & Fitness staff (hereinafter known as "staff") will be allowed in the facility before and/or after the posted hours of operation.
- All assessments, programs and fitness programming will be scheduled with appropriate staff.
- **MEMBERSHIPS WILL BECOME VOID AFTER SIX MONTHS OF INACTIVITY HAVE PASSED.** Activity in other programs (i.e., classes, pool maintenance, personal training) does not count as activity for a fitness membership. After six months, any information in your file will be discarded and you will need to complete all the paperwork, a fitness assessment and program again.
- Clients under the age of 18 years participating in an approved program must have the permission of a parent or legal guardian. Clients aged 15 and younger must always have a legal guardian accompany them in the facility.

Health and Safety

- Clients must immediately notify the staff if they experience dizziness, light-headedness, fainting, nausea, cold and clammy skin, chest pain, neck pain, shoulder pain and arm pain and/or shortness of breath.
- Changes to health information provided on the demographic form must be reported to the staff to maintain accurate records.
- All physician-imposed restrictions concerning any assessment and/or exercise must be submitted in writing and followed.
- During **Tornado Warnings** in the immediate area, clients are to enter the fitness hallway at Noblesville or in the multipurpose room at Carmel.
- During **Fire Alarms** all clients are to evacuate the building. The primary route for evacuation is through the front doors. If the fire is at the front of the building or the front doors are blocked, then follow the signs as posted to alternate exits.
- While walking on the track (Noblesville only) be cautious of other clients and or patients using the track, especially when people are entering/exiting the track.

Facility and Equipment Utilization

- Any equipment and/or facility malfunctions and/or breakdowns must be reported immediately to the staff.
- If a malfunction and/or breakdown occurs that piece of equipment will be shut down for repair and there will be no compensation to the client for an equipment malfunction or breakdown.
- Do not drop weights or equipment on the floor. Always return the weights and equipment to their appropriate location.
- Wipe perspiration from equipment following use with a sanitation wipe.
- All personal music devices used in the facility shall be permitted only with the use of headphones.
- Equipment must be utilized in accordance with the manufacturer and staff instructions.
- If clients have questions regarding any of the equipment, please check with the appropriate staff prior to use.
- Sign-up may be required during peak time periods for usage of cardiovascular equipment. The allotted time for equipment use when people are waiting is 30 minutes.

Locker Rooms

- There is a limited access, private locker room that can be utilized as needed.
- Boys and girls over the age of two are not permitted in the opposite gender's locker-room.
- Lockers are available for use while utilizing rehab and fitness services.
- Clients are responsible for providing a lock to secure their personal belongings.
- All locks must be removed when the client leaves the facility each day.

Attire

- While using the facility, shorts, t-shirts, tank tops, sweat suits, warm-up suits, leotards or tights may be worn. Shirts must be always worn. No midriffs are to be shown.
- No offensive language is allowed on shirts or shorts.
- Jeans, jean-shorts, and clothing with rivets/buttons are not permitted while using upholstered equipment.
- Appropriate footwear must be worn at all times (no hard soled shoes). During rainy/snowy weather, please bring a dry pair of shoes for inside the gym.
- Weight belts are not to be worn while using upholstered equipment.
- Jewelry should be removed when using weight equipment.

Towel Service

- Towels will not be provided.
- Clients are responsible for providing toiletries (soap, shampoo, etc.).

Food and Beverages

- Food and beverages (except for water) will be restricted to the lounge areas, except during special events.
- Plastic water bottles are permitted with a lid.
- No glass bottles or containers are permitted in the facility.
- Alcoholic beverages are not permitted on Riverview Health property, including the facility.
- Smoking is not permitted within or around the facility.

Lost and Found

- The facility and staff are not responsible for damaged, lost or stolen personal items left in the gym or locker rooms.
- Clients may check for missing personal items. A designated lost and found area will be maintained in the locker rooms and at the front desk.

Code of Conduct

- The use of profanity is always prohibited while within the facility.
- Any conduct that is deemed inappropriate, disorderly or disrespectful to the rights of others, or violates any of the foregoing rules and regulations will result in the following:
 - » **First offense** - Verbal or written warning and/or dismissal from facility for the day without compensation.
 - » **Second offense** - Suspension from the facility without compensation.
 - » **Third offense** - Revocation of membership without compensation.

I HAVE READ AND DO UNDERSTAND THE ABOVE RULES AND REGULATIONS AND WILL COMPLY WITH THE SAID REQUIREMENTS, AS AMENDED FROM TIME TO TIME. I UNDERSTAND THAT FAILURE TO ABIDE BY THE RULES AND REGULATIONS MAY RESULT IN DISCIPLINARY ACTION.

Printed Name

Participant Signature

Date Signed

IF THE PERSON PARTICIPATING IN THE ACTIVITY IS NOT YET 18 YEARS OLD: AS A PARENT OR LEGAL GUARDIAN OF THE ABOVE-NAMED INDIVIDUAL, I VERIFY THAT I FULLY UNDERSTAND, AND ACCEPT ALL PROVISIONS OF THE RULES AND REGULATIONS, AS AMENDED FROM TIME TO TIME.

Printed Name

Signature

Date Signed