

Wellness Center Rules

GreenState Credit Union allows employees, and household members age 19 and older to use the Wellness Center during scheduled hours so long as they follow all Wellness Center rules as noted below (and as may be updated from time to time), and have a signed Release and Waiver of Liability statement on file.

Rules

- All users share equipment.
- Wipe down equipment after use.
- Pick up after yourself. Return all weights and disinfectants to their proper place.
- Towels are not provided and must be supplied by the user.
- Lockers are for use only while in the Wellness Center.
- Proper hygiene required:
 - Before beginning your workout, wash your hands and wipe off any cologne or perfume.
 - Wear clean clothes while working out. Street clothing is generally not permitted during exercising as it can be dangerous, confining and can damage equipment.
 - Dry, closed-toe athletic shoes are required. Cleats, sandals, flip flops, boots, and bare feet are not allowed in the Wellness Center.
 - For reasons of personal safety, necklaces and other jewelry should not be worn during any activity.
 - Attire worn for religious observance should be secured in a manner not to get caught in any equipment moving parts.
 - Shirts are required.
 - Inappropriate body odor is offensive. If returning to work, take measures to eliminate body odor.
- Use the equipment properly.
 - Do not sit on equipment between sets.
 - Do not use weights while on cardio equipment.
 - Misusing the equipment can result in injury and/or damage to the equipment; follow directions and instructions.
 - Weights should not be dropped, stood on, or leaned against the walls, pillars, equipment or mirrors.
 - Extreme caution should be used in lifting weights to avoid any potential injury.
 - Use of weight lifting hand chalk is not permitted in the Wellness Center.
 - To avoid congestion and lines, guests should allow others to work-in while using weight equipment. Please practice courtesy and consideration for others.
 - Equipment cannot leave the Wellness Center.
 - Re-rack weights to their designated areas.
- No cell phone use in the fitness center. Please use your phone in the hallway or go outside.
- Do not disturb others. Focus on your own workout and allow others to do the same.
- Absolutely no horseplay allowed.
- Don't disrupt classes. Be on time for any hosted group fitness classes. It is disruptive to the other participants and the instructor when you arrive late. The instructor has the right to refuse admittance.

- Be courteous to others and limit cardiovascular equipment use to 30 minutes when others are waiting.
- Any unsafe conditions or damaged equipment should be reported to the Facilities Manager and use of that equipment should be discontinued until addressed and/or repaired.
- Any injuries should be reported to a Human Resource Specialist, or in the case of emergency, dial 911.
- Food, beverage and gum are not permitted in any exercise area with the exception of plastic water/beverage bottles with a lid or controlled spout.
- Personal music playing devices may only be used with headphones.
- Pets are not permitted, except for animals providing assistance to individuals with disabilities.
- GreenState Credit Union is not responsible for any lost or stolen items.
- Padlocks are recommended but are not provided by the Wellness Center.
- All Wellness Center users are expected to adhere to these rules and be responsible, courteous and safety-conscious at all times. Users who disregard this policy will be asked to leave the facility and may be suspended from use.