

# Pathway Fitness Rules & Regulations

*To ensure safety, wellness and smiles for all...*

## ADMITTANCE

The fitness room is only to be used by individuals with approved admittance.

Ages 14-15 must have successfully completed the Teen Fitness Orientation Program prior to purchase of Pathway Fitness daily fee, prepaid card or pass.

Medical check-up and approval by personal physician before participation in any physical activity is highly recommended especially for persons with any potentially limiting physical condition (pregnancy, back or heart problems, diabetes, etc.).

### Daily Users (Ages 14+)

- Permitted only during designated Community Center building hours.
- Payment must be made at the Service Desk prior to use of the fitness room and track.

### Pathway Fitness Pass Holders (Ages 14+)

- Permitted only during designated Community Center building hours.
- Must scan key fob upon entry to Pathway Fitness.
- Open Gym is available during building hours as scheduled by the park district.

### Pathway Fitness Members (Ages 18+)

- Permitted 24-hour access to the fitness room and track only.
- Must scan key fob upon entry to the Community Center during off building hours and again upon entry to Pathway Fitness.
- Open Gym is available during building hours as scheduled by the Park District.

Park District issued key fobs are only permitted for use by the individual of which the membership/pass is registered too.

Showers in restrooms are for the intended use by Pathway Fitness and Splash Fountain patrons only.

## 24-HOUR ACCESS CONTROL PROTOCOL

For the safety of all users, holding open the fitness center entrance door and Community Center entrance door (during off building hours), for others is not permitted. All users must scan their Park District issued key fob to gain access into the Community Center and/or Pathway Fitness.

Ages 17 and under are not permitted in the Community Center past the designated building hours.

Unspecified Park District intended use of the 24-hour Community Center amenities is not permitted. Loitering, sleeping, etc. in the Community Center is not permitted.

Participants exercise at their own risk. Persons using the equipment are responsible for their own safety.

For your safety, do not work out alone. It is strongly encouraged a minimum of two approved Pathway Fitness users are in the facility when working out.

Legacy Campus and the Community Center are under 24/7 video surveillance including Pathway Fitness, dog park, Splash Fountain and parking lot.

Lost membership identification cards must be replaced for a fee at the Customer Service Desk.

Legacy Campus and facilities within are smoke free. No e-cigarettes, vapor, or tobacco products permitted.

Fees and rules are subject to change.

The Sycamore Park District reserves the right to change Pathway Fitness operation hours due to holidays, cleaning, maintenance, etc.

Failure to adhere to any policies may result in loss of privileges.

## PERSONAL ITEMS

Leave personal belongings in vehicle or place in a storage locker in the recovery area. Bags, purses, clothing, outdoor gear, etc. should be kept off the floor.

Storage lockers are available for use. Please bring a lock.

Personal items will not be held at the Service Desk.

The Sycamore Park District is not responsible for lost or stolen property.

## ATTIRE & HYGIENE

Appropriate attire is required: shirt that fully covers the upper body, shorts finger-tip length or longer; socks and athletic shoes. Clothing must be for exercise purposes.

Marking soles and open toed or heeled shoes are not permitted. Street shoes, roller shoes, and Heelys are not permitted.

Observe proper personal hygiene by showering regularly, wearing clean clothing, and using deodorant.

## MEDIA

Only personal entertainment listening devices with headphones are acceptable.

Silence mobile phones. If you need to use your phone for a call or text, please step outside of the fitness room.

Televisions are to remain on the station posted with the volume off. To change the channel, see Service Desk staff during building hours for assistance.

## FOOD

Food, beverages, and chewing gum are not permitted in Pathway Fitness. Bottled water with a sealed closure only is permitted.

## ETIQUETTE

Time is limited to 30 minutes on all cardiovascular equipment when someone is waiting.

Compliance with free weights includes the following:

- Safety bars on the Smith Machine and Squat Rack must be used at all times.
- Set the safety bar about one inch lower than your lowest movement with the bar.
- Collars must be used at all times to secure weights on bars.
- Do not lean weight plates against equipment standards and machines.
- Remove plates from bars and return plates and dumbbells to proper storage areas after use.
- Do not drop dumbbells and weight plates on floor.

Respect for equipment, facilities, staff and fellow Pathway Fitness users must always be demonstrated.

Respect others by using courteous and appropriate behavior. Profanity is not allowed.

Wipe equipment down after use. Antibacterial wipes are available in the fitness room.

Users unfamiliar with the operation of the exercise machines should seek assistance from Park District staff.

Report all bodily injuries as well as broken or damaged equipment to Park District staff.

Spitting on the floors, walls, or in the water fountains is not permitted.

Please bring a towel from home.

