



Rules for using the Weight/Workout and Multi-Purpose Rooms

- ◆ You must attend a fitness orientation prior to using the Weight/Workout room.
- ◆ Only full-time public safety, general government and public school employees (and county retirees) are allowed the use of the Weight/Workout and Multi-Purpose rooms.
- ◆ The facilities are available for non-public safety personnel from 8:00 a.m. to 10:00 p.m. (Monday – Friday) with an exception for those attending the 6:30 a.m. fitness classes.
- ◆ Retirees have access to the Weight/Workout room Monday - Friday from 8:00 a.m.– 4:30 p.m. only.
- ◆ It is County policy to have your county ID on your person. It is mandatory that you have it available in order to enter and use the facility.
- ◆ You must sign in on the computer each time you use the Weight/Workout room.
- ◆ Proper exercise attire (i.e. – t-shirt/shorts) and clean, non-marking athletic footwear must be worn.
- ◆ Access to building is limited to the first floor only.
- ◆ For safety purposes, the ‘buddy’ system is recommended when using the Weight/Workout room, and is required for the use of free weights.
- ◆ Personal items are to be stored in lockers marked “day lockers’ only. Items are to be removed after each work out session.
- ◆ No food is allowed in either area.
- ◆ Replace weight plates, dumbbells, barbells and all items used back to its proper place.
- ◆ Spray equipment and mats with cleaning solution and wipe with a paper towel after use.