



### **Fitness Center Policies & Procedures**

1. Use of the Fitness Center is reserved for participants **60 years of age and older**. Each participant must complete the "Assumption of Risk" and "Medical Clearance" forms prior to using the Fitness Center. These forms **must** be updated on an annual basis (or following any health incident or hospitalization) and must be reviewed by office staff prior to use of the Fitness Center.
2. Once all forms have been received, new participants must complete a mandatory training for each piece of fitness equipment. Please call the office to schedule this appointment.
3. Participants must purchase a Fitness Center card. These cards are available for purchase in the main office. The cost for **in-town residents is \$10 for 20 visits**. The cost for **out-of-town residents is \$15 for 20 visits**.
4. Participants must register to use the fitness center by calling the office at (413) 525-5436. Only registered participants are allowed in the Fitness Center--no visitors.
5. Participants are required to bring a change of shoes. Sneakers/fitness shoes must be worn while using equipment. Outside shoes as well as sandals, boots, open-toed or open-backed shoes are not permitted in the Fitness Center.
6. Participants should store all personal items in provided cubbies. The COA is **not** responsible for lost or stolen items.
7. Participants must adhere to the posted code of conduct and be respectful and courteous to others. Participants should not disrupt or interfere with the workout of another participant. **CELL PHONE USE IS NOT PERMITTED** while utilizing equipment in the Fitness Center.
8. Food and gum are not permitted in the Fitness Center. Water is permitted.
9. Participants are required to spray and wipe down equipment immediately after use and should pick up any trash and remove their personal belongings prior to leaving the Fitness Center.
10. Fitness Center participants utilize the equipment at their own risk. The COA is **NOT** responsible for any injury to individuals utilizing equipment. Participants **MUST REPORT** any injuries immediately to COA staff. Participants should also report the presence of any damaged equipment.