



# **Community Activity Center FITNESS ROOM RULES AND REGULATIONS**

**Hours of Operation: by appointment**  
**Ages 18 +**

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**The Orchard Park Community Activity Center is designed to give members a clean, safe and enjoyable place to exercise for general fitness purposes.**

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1. Use of the Fitness Room is limited to Members of the Orchard Park Senior Center, fitness pass holders, and registered participants of Recreation Dept. programs scheduled for room use.
2. All users must sign a Fitness Room Waiver and Assumption of Risk form prior to using Fitness Room.
3. Please do not use Fitness Room if you are not feeling well to avoid risk of infecting others.
4. All users must complete a mandatory Fitness Room orientation session, provided by Senior Center or Activity Center staff, prior to using the Fitness Room for the first time. *Fitness Room equipment must only be used in accordance with instructions provided.*
5. All users must use the main entrance and sign in at the Front Desk prior to using the facilities.
6. Users participate at their own risk. *Use of the buddy system is required when no monitor is present. Exercise only when at least one other person is also in the Fitness Room.*
7. The Town of Orchard Park is not responsible for any injuries resulting to users due to any activity carried on in the Fitness Room.
8. All concerns, equipment malfunctions and maintenance needs should be reported to the Senior Center or Activity Center staff immediately. To do this, please use the contact information at the bottom of the next page.
9. Personal belongings are not allowed on the Fitness Room floor and should be properly stored in a cubby while user is in the Fitness Room.
10. Activity Center is not be responsible for any lost or stolen items.
11. Please limit use of individual pieces of equipment to **20 minutes** when another participant is waiting.

12. Please return all equipment to its original location when you are finished with it.
13. Fitness Room users are responsible for wiping and sanitizing each piece of equipment before and after use. Please use cleaning wipes provided in the Fitness Room.
14. Personal music devices are permitted if used with headphones and played at a volume that does not disturb others.
15. Proper attire shall be worn at all times, including clean sneakers and comfortable attire without straps, beads, or jewelry that could get caught on equipment. No sandals or street shoes please. ***During wet/winter months, you must change into clean footwear before entering the Fitness Room.***
16. Food and beverage are not permitted in the Fitness Room, with the exception of water or other sports drinks contained in non-breakable, spill-proof containers.
17. Respect for Fitness Room, equipment, and other patrons must be demonstrated at all times.
18. Users are asked to follow the Fitness Room rules for the health and safety of all concerned. Failure to adhere to policies may result in loss of privileges.

**Questions? Please contact:**

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