

## **Fitness Room Usage Policy**

(Revised September 1998)

(Revised April 10, 2006)

### ADULT USAGE:

Any member who is in good standing with the Association and is eighteen years or older may use the fitness room, but you must first attend the fitness room orientation class offered by Countryside. This class will teach you how to safely and properly use the equipment. There is a \$20 fee for this class. You must sign a release of liability stating that you are in good health; you have consulted a doctor about your desire to start a weight lifting program and have an understanding of the hazards involved with free weights. No guests are permitted to use the fitness room at any time. Any member who permits a guest or minor to use the fitness room facility will be subject to sever disciplinary action, including loss of guest privileges, loss of fitness room privileges or other appropriate action. No one under the age of eighteen is permitted in the fitness room except minors age 14 or older who have been approved to use the fitness room and are with a parent or accompanying adult (eighteen or older).

### MINOR USAGE:

A minor age 14 or older may use the CCCA fitness room if the following requirements are met:

Using the CCCA's physician approval form, the minor's parent or legal guardian must procure initial physician approval at own expense and must gain re-approval of the physician at own expense in the event of any condition or occurrence which might affect the minor's ability to use the equipment safely. A current physician approval form must be on file at CCCA before the minor can use equipment or take the orientation class.

The minor and parent or legal guardian must attend the fitness room orientation/safety class together. The fee for this class is \$20. If the parent who will be accompanying the minor to the fitness room has already taken the class, he/she will not be required to pay an extra fee for attending the training class with the minor.

The minor and parent, legal guardian or accompanying adult who has already taken the fitness room training class must be present at all times when the minor is in the fitness room and must assist or "spot" the minor when he/she uses the flat bench.

The minor must agree to and abide by all rules, regulations, policies and penalties associated with the use of the fitness room, including, but not limited to, suspension of the parent, legal guardian, accompanying adult and the minor from the fitness room for the following causes:

Failure of the parent, legal guardian or adult to accompany the minor to the fitness room and remain with him/her at all times while in the fitness room.

Failure of the parent, legal guardian or accompanying adult to ensure the proper behavior of the minor at all times while in the fitness room.

Failure of the parent, legal guardian or accompanying adult to assist or "spot" the minor in the use of the flat bench.