

Camano Island Fitness

Policies and Rules

- 1) Be considerate of other members' rights and privileges while they are training. **Use of profanity prohibited.**
- 2) Must wear shoes and shirts at all times
- 3) Always unload all bars and machines when finished, and replace all weight plates on their proper racks.
Do not lean anything against the mirrors!
- 4) Always replace barbells and dumbbells on their proper racks at the end of each set.
- 5) Always follow direction on the proper use of the equipment and ask for instruction when necessary.
- 6) **No spitting** allowed.
- 7) Do not put feet on the walls.
- 8) Do not leave weight plates on the floor.
- 9) Never hit the dumbbells together when doing exercises. It is a form of cheating the muscles and it causes damage to the dumbbells. **If you have to drop a weight, it is too heavy for you.** Use a spotter to help you safely get in and out of an exercise, use a weight that you can control properly, or ask how to *rock & roll*.
- 10) **Never drop dumbbells or barbells on the floor.**
- 11) Always dispose of trash in the proper places.
- 12) Always treat members and staff with fullest respect and courtesy at all times.
- 13) Always accept full responsibility for any damage done to equipment.
- 14) Respect fellow members and always **wipe down the equipment with the antimicrobial wipes** provided when finished.
- 15) Cell phone must be turned off or on vibrate.
- 16) No food or drink other than water or sport performance drinks in plastic containers are allowed.
- 17) **Cardio equipment will have a limit of 30 minutes** initially so that everyone is given an equal opportunity to pursue their fitness program. Please wipe down the equipment after use with the antimicrobial wipes provided.
- 18) In the event that you witness and /or experience an event that places you or another member in harm's way, initiate the facility's emergency response system by using the nearest phone and dialing 911.
- 19) In the event of a sudden cardiac event, the club will have an AED and you need to be aware of its location.
- 20) **If you are sick or have a cold please stay home and get well!** We do not want other members to get sick.
- 21) Please wear appropriate clothing and shoes for exercise. No clothing with sharp accessories will be permitted on the strength training equipment; only clean workout shoes will be allowed on the cardio equipment.
- 22) **Camano Island Fitness will not be responsible for your valuables.** Lockers will be provided, please bring your own padlock.
- 23) Towels will be provided, and must be returned to assigned towel containers before leaving the gym.
- 24) Bring your own headphones for use of the sound system, or purchase at the front desk.
- 25) No throwing or bouncing of the exercise balls
- 26) No throwing items across the floor
- 27) No Personal Training other than CIF staff