

Clark County Courthouse Fitness Center Policy

Before starting any exercise program, it is recommended that individuals receive a thorough physical examination and physician approval. You must sign this form before using the Fitness Center.

The Fitness Center is only available to Clark County employees. The Fitness Center is open during normal Courthouse hours of operation; Monday through Friday, from 7:00 a.m. until 7:00 p.m. Employees are able to use the Fitness Center before or after work, paid break time and lunch breaks.

POLICY:

- Users of the fitness center are expected to adhere to guidelines and procedures approved by the Wellness Committee as well as Courthouse policies. Use of the fitness center is a privilege and failure to adhere to the rules will include revocation of privileges.
- Center users must sign-in and out when using the fitness center as required for insurance.
- It is the responsibility of the user to wipe off all strength and cardio equipment after each use. Cleaning solution/disinfectant wipes are provided.
- Appropriate dress attire is mandatory at all times. Shirts must be worn at all times. A sports bra by itself is NOT considered a shirt; an individual must wear a T-shirt over a sports bra.
- Appropriate footwear is required at all times. No sandals, crocs, dress shoes or other inappropriate shoe attire allowed.
- Any unhealthy or damaging behaviors (ie chewing gum, spitting, etc.) is prohibited.
- Personal listening devices are allowed with the use of headphones.
- Spill proof containers are allowed (water bottles with caps, covers, etc).
- Please limit equipment use to 30 minutes during peak times.
- Inappropriate noises are prohibited, please be aware of others in the building.
- No outside or personal fitness equipment may be used in the fitness center.
- Users are responsible for using the fitness equipment as it was intended and becoming educated on how to use the equipment before use.
- Be courteous and respectful of television and DVD usage.
- Please be respectful of the facility, discard garbage appropriately, and clean-up after yourself.
- User understands use of the fitness center is voluntary with user assuming any risk and responsibility for any harm, injury, and/or loss of any type from any use of the fitness center.
- User fully and forever releases as well as indemnifies and holds Clark County, it's insurers, employees and agents harmless from any and all claims or causes of action arising out of the use of the fitness center and equipment.
- Clark County is not responsible for any personal property that is lost, stolen, or damaged while using the fitness center.

Employee/user, having read the foregoing, understands and agrees to comply with all provisions.

Employee Signature

Date

Employee Name (Printed)

Employee Number

