

First Mount Zion Baptist Church (FMZBC)

Fitness Center

Rules and Regulations

Rules and Regulations for use of the FMZBC Fitness Center are established and enforced by Church Leadership. The power to enforce these rules and regulations extends to the FMZBC Fitness Center Staff. Each member is cordially asked to comply with the following rules and regulations:

MEMBERSHIP INITIATION

Membership to the FMZBC Fitness Center is for members of FMZBC only. To initiate membership a new membership packet must be filled out completely which includes a waiver and release form.

MEMBERSHIP CHECK-IN PROCEDURE

All members must sign in at the front desk and they must provide their membership number.

GROUNDS FOR REVOKING OR SUSPENDING MEMBERSHIP

Extreme violation of any rule or regulation set forth by Church Leadership and the Fitness Center is grounds for revocation of membership.

- Suspension: The period of suspension will be based on the type and degree of violation. A member can be suspended twice. On the third violation, the membership will be debated by Church Leadership and the Fitness Center Director. At this time, based on the situations, membership can be revoked. Examples of extreme violations may include fighting, destruction of church property, repeated refusal to adhere to policies and rules that may put one at risk for incident. Revocation can occur as a result of several suspensions.

CONDUCT

Members are required to remain respectful of the rights of others and to maintain appropriate conduct while in the Fitness Center. This includes avoiding conversations and remarks that are disrespectful to one's race, color, religion, sex, national origin, age, disability or sexual orientation.

FOOD AND BEVERAGE/SMOKING

Self-contained plastic water bottles or sports drinks are permitted and encouraged. No other beverages or food will be consumed either in the locker rooms, exercise rooms, gymnasium or on the track except during special events sponsored by the Fitness Center. Smoking is absolutely prohibited within the vicinity of the Church and Fitness Center.

ATTIRE

While using the Fitness Center members should wear appropriate exercise clothing (i.e. shorts, tank tops, t-shirts, warm-up suits, tights, jogging pants, etc.). Shirts are required and appropriate footwear must be worn at all times. Inappropriate clothing may include: smooth soled-shoes, jeans/denim of any sort, winter hats, plastic bag suits, sport bras without over shirt, sandals, flip-flops or open-toed shoes, shirts that show the midriff.

EXERCISE EQUIPMENT

Members shall use the equipment in accordance with verbal and written instructions provided by the manufacturer and the Fitness Center Staff. Exercises will be performed in a slow, controlled manner, without slamming weight stacks or dropping dumbbells. Dumbbells and plates should be returned to their proper location after use. During peak times or when others are waiting cardiovascular equipment usage is limited to 30 minutes. Equipment malfunctions should be reported to the Fitness Center Staff immediately. Members should always wipe perspiration off the equipment immediately after use. Because of the limited quantity of equipment members should be courteous and take turns using a machine if others are waiting.

EQUIPMENT CHECK OUT

Members will be allowed to check out gym/exercise equipment at the front desk. Members must sign out equipment using their member numbers.

GROUP EXERCISE CLASSES

The Fitness Center staff establishes class schedules in conjunction with Church operating hours. All classes will be held on the stage or in another predetermined designated area. Scheduled classes have priority use of the stage floor unless a planned event has been scheduled. The number of participants for classes will be limited to 20-25 people.

LOCKER ROOMS (Lockers, Sauna, Steam, Showers)

- **Lockers:** Lockers are available for day use only. Individuals are responsible for providing their own lock to secure personal belongings. FMZBC and The Fitness Center staff is not responsible for items lost, stolen or damaged while stored in lockers or in the locker room. Items are not to be left in lockers overnight. Items left in lockers at the end of the day will be removed and stored in the Lost and Found. Items not picked up after 30 days will be discarded or given to Salvation Army.
- **Sauna and Steam:** Only adult will have full access and use of the sauna and steam room. Minors (14-17 years) will only be allowed to use either room in the presence of their parent or legal guardian. Children (13 years and younger) are not allowed to use either room at any time. To help prevent the passing of bacteria and to keep the sauna and steam rooms clean members must strictly abide by the following guidelines:
 - Underwear is required to be worn at all times when using either room. In addition to underwear it is recommended that members also use a towel to wrap themselves or to sit on.
 - For safety purposes, full attire of clothes should NOT be worn. Overdressing may cause the body to overheat putting individual at risk for and adverse incident.
 - Flip flops or shower shoes ONLY are allowed; no hard soled shoes, running shoes or sandals should be worn.
 - Personal fragrances and oils should not be used on the sauna heating system.
 - Drinking plenty of water before and after using either of the rooms is required.
- **Showers:** Members are responsible for providing their own toiletries and towels. Showers are to be kept to a reasonable length of time (~10 minutes) to accommodate waiting members. Personal items are to be removed from the shower stalls after use.

CLEANLINESS

Members should show consideration for others by washing their gym clothes regularly and picking up after themselves in the locker rooms and the entire fitness center area.

MINORS

Minors (14 & 15 years) are not allowed to use the weight room without adult/parent supervision. Children (13 years and younger) are not allowed to use the weight room at any time. Parents should not allow their children to roam freely, participant in horseplay or run in the halls. Minors and children will have open access to the game room.

Parents are required to fill out a separate application for each child and sign their name and their child's name on the form. Children without signed waivers by their parents will not be allowed to participate in any physical activities.

Member Name (Print): _____

Member Signature: _____

Date: _____

Minors:

Parent/Guardians Name (Print): _____

Parent/Guardians Signature: _____

Date: _____