

Passamaquoddy Fitness Center Rules and Regulations

1. Maintain proper conduct at all times. The fitness center is no place for horseplay.
 - You will be given two verbal warnings.
 - Third warning, will be a written warning, you will lose your privilege to use facility and equipment for one month.
 - Fourth warning, will be a written warning, you will lose privilege to use facility and equipment for one year.

2. Wear proper attire. The proper attire for exercising is athletic shoes, socks, shorts or sweats, and T-shirts.

3. Respect. Let people workout. Do not interfere, harass, or interrupt other people doing their exercises. Everyone should use proper language and show respect for others in the room.

4. No loitering. Only people who are working out should be in the fitness center.

5. SAFETY, SAFETY, SAFETY!!!
 - Lifter should pick up after themselves, put weights back on rack once done. Do not leave weights on bar.
 - Personal items such as clothes and gym bags should be stored outside the fitness center.

6. Children 11 and under must be accompanied with an adult.

7. All forms must be signed and returned before use of the fitness center.
 - **Fitness center Release and Indemnity Agreement Form**
 - **Emergency Contact Form**
 - **Physical Exam Release Form**
 - Anyone under 18 years of age or over 35 years of age must have a physical exam.
 - Anyone known to have a chronic medical condition, or known to take medications for a chronic health problem, shall be required to have an exam with corresponding release form signed by doctor.
 - **Medical History Form**
 - **IT IS HIGHLY RECOMMENDED EVERYONE PARTICIPATING IN THE USE OF THE FITNESS CENTER SHOULD HAVE A PHYSICAL EXAM.**

Date

Signature