



# Logan County Rehabilitation and Wellness Center

906 W 2nd Street, Oakley, KS 67748

785-672-8167

## Code of Conduct

This code of conduct has been adopted to protect all users' right of access to the facility, to ensure health, peace, and safety of all guests and staff, and to protect resources from damage. Failure to follow this code of conduct will result in disciplinary actions, which may include immediate removal from the premises, loss of privileges and/or law enforcement intervention. **All areas of the Wellness Center and pool are under security video surveillance.** The following rules of conduct should be followed by all:

### General Rules

1. You are encouraged to consult with your primary care provider before using our facility.
2. Disorderly behavior of any kind, including excessive noise, obscene language or gestures, running in the building, or otherwise causing disruption to the peace and order of the Wellness Center is not allowed.
3. Members are asked to avoid derogatory comments, conduct or actions of a sexual nature, or disrespectful actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status.
4. Members are asked to clean up after themselves while using any part of the facility.
5. Smoking or use of tobacco products is not allowed on property.
6. No alcohol or illegal drugs are allowed on the property.
7. Bicycles, skates, or pets of any kind are not permitted inside the Wellness Center.
8. Members are discouraged from using cell phones except in the event of an emergency.
9. **Members who break Wellness Center equipment through misuse or misconduct will be held financially responsible for repair or replacement of equipment and may be suspended from use of the facility.**
10. Please immediately report any damaged equipment or equipment malfunctions.
11. Please report any accidents, including spills and breakage of equipment to staff immediately.
12. **A responsible adult must attend to minors age 12-15. The responsible adult must be within direct sight of the minor at all times.**
13. Any personal property brought into the facility is not the responsibility of the Wellness Center.
14. Members are to follow the hours of operations. No one is to be admitted prior to opening hours and please promptly leave at closing.
15. Radios, tape/CD/MP3 players are only permitted with the use of headphones.

### Exercise area rules:

1. **Members must use the equipment only in the manner intended by the manufacturer and authorized by the Wellness Center. When using the weight machines please do not allow the weights to drop.**
2. Misusing the equipment can result in injury and/or damage to the equipment. Follow directions and instructions. Ask for assistance from the fitness staff if you are unfamiliar with equipment.
3. The use of safety stop clips is strongly recommended while using treadmills.
4. Please disinfect each machine when you are finished using it. Cleaning materials will be provided.
5. Never leave the treadmills running unattended.
6. Please share stations as needed and do not stay on a piece of equipment you are not actively using.
7. In the event of high demand of a specific piece of equipment please limit use to 30 minutes.

### Dress Code:

1. Exercise attire is required including closed toe shoes.
2. Shoes are required at all times
3. Non-athletic shoes such as sandals and dress shoes are not allowed while utilizing the fitness area. During inclement weather you are asked to bring a pair of clean dry shoes for use on the equipment.
4. Shirts are required and must be worn at all times.
5. Please remove all sharp objects from your pockets for your safety and to help protect the Wellness Center equipment.

### Pool rules

1. **Members are asked to shower before entering the pool.**
2. Do not use the pool if you are taking any medication that causes drowsiness or have any medical condition which makes pool use inappropriate.
3. For your safety, all children age 12-15 must be under direct supervision of an adult while in the pool area.
4. Cutoffs and other frayed material will not be allowed.
5. Children age 0-12 are not allowed in the pool area at any time.

6. Water shoes are permitted and recommended in all areas due to wet floors.
7. Food, drink and chewing gum are prohibited.
8. Plastic water bottles are permitted.
10. Horseplay is not allowed including running, pushing, dunking or throwing.
11. No diving allowed
12. **Any member having: fever, inflamed eyes, mouth nose or ear discharge, any communicable disease may not use the pool. If you have experienced any gastrointestinal problems within the past 2 weeks please refrain from using the pool.**
13. **Any member having skin lesions, sores, or evidence of skin disease, or who is wearing any type of bandage, adhesive tape, or medical covering may not use the pool.**
14. Swim masks and glasses with glass lenses are prohibited.
15. Please review and follow all additional rules posted in the pool area.

**Soliciting:** All soliciting and distribution of materials at the Wellness Center must be approved by the Wellness Center management.

**Personal Training:** No outside personal training will be allowed. A business associate agreement with the Wellness Center must be obtained prior to any training

**Pin Numbers:** You are responsible for your pin number. You are responsible for access and activity associated with the use of your pin number. Do not authorize others to use your pin number to gain access to the Wellness Center. Any improper use of a pin number may result in deactivation of your pin number.

**Insurance Disclaimer:** It is the member's responsibility to provide his or her own accident and health insurance. The Wellness Center does not provide any such coverage for members or participants.

**Towels:** Towels will be provided for workouts and pool use. Please place your used towels in the appropriate bin before exiting the facility. All towels must be left in the Wellness Center.

**Locker rooms:** We recommend that members not bring valuables into the Wellness Center but in the event that you must bring these items please purchase a personal combination lock to secure a locker. The Wellness Center is not responsible for any items left in the lockers or locker rooms.

**Drinks and Food:** No food is allowed. Drinks should be in a covered, preferably spill proof container. If you are diabetic or experience hypoglycemia please speak with the Wellness Center staff for approval of necessary food or drink.

**Televisions:** Televisions are provided to make your workout more enjoyable. You are welcome to change the channel but please be respectful of the other members. We encourage individuals to bring their own personal music device with headphones to listen to during workouts if you do not agree with the current music or television selection.

**First Aid/Emergencies:** Limited first aid may be administered by Wellness Center staff. An ambulance may be called if necessary. An AED is available and located on the wall in the fitness area. Emergency Buttons are located near the AED and are connected to the Logan County Hospital Nurses Station.

**Children and Visitors:** **Children and visitors are not permitted on the exercise floor or in the pool area at any time.** Any children age 0-11 must be under direct supervision and within arm's length of an accompanying adult at all times.

**Video/Picture policy:** Use of a camera or camera phone in the Locker Rooms is prohibited.

**Lost, damaged, stolen property:** The Wellness Center is not responsible and/or liable for lost, damaged, or stolen property. All items found within the facility will be placed in the lost and found box located in the Wellness Center office. Any lost and found items will be maintained for no less than 30 days. Any unclaimed items at the end of that period will be cleared from the facility.

**Violation of regulations:** Violations of any of the above policies will result in either a verbal warning or outright ejection from the Wellness Center. Any unacceptable behavior may result in loss of facility privileges and denied access to the facility. Failure to comply with the policy after being notified by a staff member may result in the summoning of law enforcement.

Notify Wellness Center staff if you incur or witness a reportable incident. Failure of a member or guest to comply with these rules and regulations may result in suspension or revocation of membership privileges. No refund of dues or fees will be given if membership is revoked due to a violation. If any member violates any rule or regulation, they may be subject to the following procedure:

1<sup>st</sup> warning – explain rule

2<sup>nd</sup> warning – you will be asked to leave the facility for the remainder of the day

3<sup>rd</sup> warning – membership will be revoked without refund