

1. A waiver is required to be signed before using the equipment. There will be waivers available to residents at the gym, and a box to leave them in once signed. This applies to guests of residents; guests must be accompanied by the resident while using the gym.
2. No one under the age of 16 may use the gym without their parents and / or a supervising adult over 21 being present; parents / supervising adult must be physically in the gym at the same time as the resident(s) under 16.
3. Do not share your gym access code to anyone else. Failure to abide by this rule represents both a security and safety issue and will result in permanent suspension from using the gym.
4. Proper attire is required for ANY person entering the gym; this includes shirts, bottoms (pants, shorts, etc.), and shoes. Bare feet and flip flops are not allowed for anyone using the gym. Additionally, persons wearing wet bathing suits are not allowed in the gym. All pool guests should use the pool house bathrooms.
5. Before beginning your workout, wash your hands and wipe off any cologne or perfume.
6. Do not bring excessive personal belongings onto the fitness floor.
7. Please use headphones for personal music - no radios, speakers, etc., and respect others' preferences for television choices.
8. Do not sit on machines between sets if people are waiting for equipment.
9. Use equipment properly - no hanging from equipment, and do not use in non-conventional ways, etc. Any damage to the equipment or gym will result in permanent suspension from the gym area. Free weights MUST be lowered slowly to they ground and not dropped.
10. Re-rack weights and return all other equipment and accessories to their proper locations.
11. If someone is waiting for cardiovascular equipment, limit your time to 20 minutes.
12. Do not disturb others. Focus on your own workout and allow others to do the same. Refrain from yelling, using profanity, banging weights and making loud sounds.
13. Use of mobile device cameras, traditional cameras or any type of video recording is strictly prohibited in the gym. Photographs or videos should not be taken of other gym patrons without their permission.
14. Cameras (video and still) have no reason to be in the bathrooms. Use of photographs or videos is strictly prohibited in the clubhouse bathrooms.
15. Do not adjust the thermometer; if there are any temperature concerns or issues in the gym, please contact the Clubhouse Committee at routreyclubhouse@gmail.com.
16. Wipe down all equipment after use using the cleaning supplies provided.
17. Do not attempt to enter the pool area outside of pool hours; the door to the pool is monitored by the security system alarm and camera; failure to abide by this rule

represents both a security and safety issue – THE ALARM WILL BE TRIGGERED AND YOU WILL BE FINED \$150 as well as permanent suspension from the gym.

18. If you witness or suspect nefarious activity or damage to equipment while in the gym, report it immediately to the Community Manager, Bekki Rice at Bekki@acswest.org.