

Many Farms Wellness Center

Rules and Regulations

We, the MFWC, will incorporate COVID-19 protocols to ensure the safety of each participant and the Wellness staff. Please understand our Rules and Regulations are set in a way that keeps everyone and everything in harmony. The Wellness Staff have the right to refuse service to anyone that fails to adhere to the rules and/or directions of the staff governing the wellness center.

General Policies:

- Individuals utilizing this facility do so at their own risk.
- You must check-in/check-out with the Wellness Center front desk upon arrival.
- Each participant must complete the temperature log before continuing onto the gym floor.
- *90 minutes* of exercise time in the facility.
- Everyone in the facility are required to wear face masks.
- NO eating or glass containers in the fitness area.
- NO pets allowed.
- NO firearms permitted in the facility.
- Smoking is prohibited.
- Report any unsafe conditions to the management.
- Should you need any assistance please contact the front desk.
- We are not responsible for lost, stolen, or damaged items.
- Always practice safe and courtesy to others.
- Children under the age of *14* are not allowed to operate heavy machinery.
- Day use lockers are provided for personal property (Please do not store valuables in these areas)
- Any behaviors that may damage the facilities are prohibited & will result in a consequence within the program.
- NO backpacks or personal items are allowed on the Fitness area. Participants need to utilize storage space/locker rooms.
- Persons under the influence of alcohol, stimulants and/or depressants are NOT allowed in the facility
- Participants under the age of *18* will need parental consent before utilizing the facility.

Equipment Use:

- Please wipe off/sanitize equipment after each use.
- DO NOT drop weights.
- DO NOT put weights on the benches.
- DO NOT step on the benches or use them to store your own belongings.
- Please perform exercises with weight that you can safely lift or have someone spot you.
- Please return equipment back to its designated place.
- There is a *45 minute* time limit on Cardio/Strengthening Equipment; *30 minutes* during busy hours.
- Report any missing or unsafe conditions to management.

Clothing:

- Shoes and appropriate exercising attire is necessary at all times.
- NO boots, sandals or bare feet.
- In a case of bad weather, please bring extra fitness shoes to change into. Clean shoes are required to keep the floor and equipment in good shape.
- NO loose jewelry.
- Shirts must cover the chest, stomach and back.