



## LOSS CONTROL BULLETIN



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### EXERCISE AND HEALTH FITNESS FACILITIES

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Clubs with exercise rooms and health fitness facilities should establish written rules that govern the use of the facility. The club should only select equipment for such facilities that has recognized listings or endorsements and, install and maintain the equipment in accordance with the manufacturer's specifications. Manufacturers of equipment usually provide warning notices, installation and use instructions that should be posted and followed. Also, the exercise area should be visible and/or have attendants so as not to allow a club member or guest to be alone while exercising.

Depending on the extent of the Club's exercise facility and the scope of the equipment, the club may want to have the members sign a waiver before allowing the use of the facility. Such language may include the following:

***"I have read and understand the posted rules for use of the exercise room. I agree that use of the facility and its equipment is at my own risk and hereby release the club from any damage, injury or aggregated health problems that I may incur due to the use of said facility. I also confirm my understanding that no statements or claims have been made of said facility to improve health or cure diseases of any kind."***

Such waivers should be developed by or reviewed by the club's attorney to insure that it is suitable for the particular club's needs. Some clubs require that members obtain written authorization from the member's personal physician indicating that the member has been examined and can safely utilize exercise equipment. It is important that those members who have heart or hypertension problems not utilize the equipment without consulting their personal physician.

#### **Exercise Room Use Rules**

It is important to post rules for use of the exercise room and related equipment. An example of rules could include the following:

##### **Purpose**

These rules establish uniform requirements for all members and guests using the exercise room and the equipment contained therein. The primary consideration in establishing these rules is the safety, health and comfort of members and their guests.

##### **Responsibility**

It is the responsibility of all members and guests using the exercise room facility to familiarize themselves with these rules. Use of this facility is a personal choice and therefore use is at your own risk.

*Or*

All members and guests wishing to utilize the exercise facility must register at the front desk and sign a waiver of liability. Use of this facility is a personal choice and therefore use is at your own risk.

## **Procedures**

1. Use of the exercise room is open to members and guests only. The room is available seven days per week, between the hours of \_\_\_\_\_.
2. No persons under the age of 18 are permitted to use this facility without being accompanied by an adult member.
3. Persons with know heart, asthmatic, hypertension or other related health problems should not utilize this facility and its equipment without consulting with their personal physician.
4. Read and follow any instructions that may be posted with the exercise equipment.
5. No food or beverage will be consumed in the exercise room. Plastic water bottles are permitted. Smoking is absolutely prohibited.
6. While using the exercise room individuals may wear: shorts, tank tops, t-shirts, warm-up suits, tights or leotards with appropriate athletic footwear. Shirts are required and appropriate footwear must be worn at all times. No street cloths or leather sole footwear are to be worn in the facility.
7. Personal music devices used in the exercise room shall be permitted only with the use of earphones.
8. Report any damage or non-operability of the equipment or potentially hazardous condition to the locker room attendant or club manager immediately.

**Information in this paper is intended for incidental fitness facilities and exercise rooms associated with a country club operation. It is not intended to provide complete and detailed safety practices or guidelines, but rather general information that should be considered in operating such facilities. For facilities with more involved equipment such as tanning equipment, free weights, hot tubs, steam rooms, trainer services, exercise classes, etc., significant exposures are presented that require more involved individual risk analysis to establish proper risk management practices.**