

Prince George Community Center/ Wellness Center  
Exercise Room Standards and Orientation

The Prince George Community Center Exercise Room is designed to give Prince George County residents the opportunity to attain physical fitness. In order to keep the facility safe and fun for all participants, the following standards/orientation guidelines are being noted. Please read each standard/orientation guideline and initial next to each number once you fully understand the intended purpose. Thank you.

- \_\_\_ 1) Hours of operation are: Community Center 7:00 a.m. – 8:00 p.m. / Monday – Thursday  
7:00 a.m. – 7:00 p.m. / Fridays  
9:00 a.m. – Noon / Saturday  
Wellness Center 7:00 a.m. – 10:00 a.m. /Monday - Friday  
5:00 p.m. – 8:00 p.m. / Monday – Thursday  
5:00 p.m. – 7:00 p.m. / Fridays
- \_\_\_ 2) An exercise session **should not start** less than a half hour prior to scheduled closing.
- \_\_\_ 3) I understand that to ensure my personal safety, I (or my child) should see a physician prior to starting a weight or training program.
- \_\_\_ 4) The Prince George Parks and Recreation Department is not responsible for any lost belongings.
- \_\_\_ 5) All participants must return and rack weights when finished.
- \_\_\_ 6) All participants must wear appropriate exercise attire (no "cutoffs", sandals, etc.).
- \_\_\_ 7) All participants are expected to clean off equipment when finished.
- \_\_\_ 8) All participants are expected to pick up towels, water bottles, newspapers, etc.
- \_\_\_ 9) To ensure a comfortable atmosphere for everyone, please be courteous and respectful to others.
- \_\_\_ 10) Participants are requested not to monopolize several pieces of equipment while others are waiting.
- \_\_\_ 11) Participants, ages 13-15, **MUST** be accompanied by an adult.
- \_\_\_ 12) Parks and Recreation staff have explained the equipment's basic function, to include:
  - a) Proper ways to start/stop each cardio machine
  - b) Proper way to attach safety strap on treadmills
  - c) Adjusting all seats and/or weights
  - d) Cleaning of machines
- \_\_\_ 13) Positive behavior is expected and encouraged. However, the program staff has the right to suspend any person from the Exercise Room who displays repetitive uncooperative and negative behavior.
- \_\_\_ 14) Defective, broken, or worn parts that need repair or replacement **MUST** be reported immediately.
- \_\_\_ 15) No child care services are available; please do not bring your children under the age of 13 unless enrolled in another activity.
- \_\_\_ 16) Only currently registered exercise room members are permitted in the gym area.

I, \_\_\_\_\_, have read and understand each of the standards/orientation guidelines listed above for the Prince George Community Center Exercise Room.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian if participant is under 18 years old: \_\_\_\_\_

Date: \_\_\_\_\_