



## **Terms and Conditions for Forms, Checklists, and Procedures**

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## **Rules and Regulations for Workout Areas and Spas**

### **To be posted at registration to health club or front of health club**

Neither the hotel nor health center are responsible for personal items stored or left in workout or locker areas. Please secure your valuables in safety deposit boxes only, not in your lockers.

### **To be posted at entrance to weight and workout areas**

1. The equipment in this room was designed for reasonable adult use only. Improper use can result in serious harm.
2. Children under 16 or under four feet tall could receive serious injury by improper use or non-supervision.
3. Please limit yourself to thirty (30) minutes on cardiovascular machines.
4. Only water is allowed in workout areas. No food or other drink is permitted.
5. Please wipe off equipment after use.
6. Please lower and raise all equipment carefully.
7. Due to high risk of injury, you must use a spotter when using free weights.
8. Please replace all weights, dumbbells, bars, and plates when finished.
9. No children allowed unless accompanied by an adult.

### **To be posted outside of saunas, whirlpools, or steam rooms**

#### **Saunas**

1. Sauna temperature is 170 to 180 degrees Fahrenheit.
2. Recommended use is a maximum of ten (10) minutes.
3. Not recommended for individuals with cardiovascular or respiratory disorders.
4. No food or drink allowed inside.
5. Showers are required before entering.

#### **Whirlpools**

1. Whirlpool temperature is 102 to 105 degrees Fahrenheit.

2. Recommended use is a maximum of ten (10) minutes.
3. Not recommended for individuals with cardiovascular or respiratory disorders.
4. No food or drink allowed inside.
5. Showers are required before entering.

**Steam rooms**

1. Steam room temperature is 100 to 110 degrees Fahrenheit.
2. Recommended use is a maximum of ten (10) minutes.
3. Not recommended for individuals with cardiovascular or respiratory disorders.
4. No food or drink allowed inside.
5. Showers are required before entering.