



# River People Health Center

## Fitness Center Usage Guidelines

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The RPHC third floor fitness center is for employee use, those working in the RPHC building at 10901 E. McDowell Road. The facilities offer state of the art resistance and cardiovascular equipment. There is a range of machines to choose from, which include treadmills, elliptical trainers, stair-climbers, and cycles. There is also a selection of free weights and stability balls. We encourage all patrons to use extreme caution when lifting weights to avoid injury to themselves or others.

The purpose of these guidelines is to promote a safe and accessible environment in which to exercise as well as to keep the Fitness Center in excellent condition. There will not be any fitness staff on duty during the hours of operation. Therefore, you can use the facility **AT YOUR OWN RISK**.

### **HOURS OF OPERATION**

The RPHC Fitness Center will be open 2 hours before and 2 hours after closing during operating business hours, with the exception of scheduled holidays and any unforeseen building closures.

### **WAIVER and ELIGIBILITY**

Only HHS employees and RPHC worksite employees are eligible to use the RPHC Fitness Center. Any staff member who wishes to take advantage of the facilities must fill out a waiver form releasing the Community from liability in case of personal injury while using the Fitness Center. The form will be available on the HHS website to be completed and submitted to the following e-mail [HHSFitness@srpmic-nsn.gov](mailto:HHSFitness@srpmic-nsn.gov). The form must be completed and signed before you are given FOB access to the fitness center. The SRPMIC is not responsible for any personal injuries that may occur while employees are using the Fitness Centers.

The time spent in the Fitness Centers is considered as time “off the clock” which means that if you are an hourly employee who wishes to use the Fitness Centers during normal business hours (i.e. time when you are normally working), you will have to swipe out at your designated time clock, exercise, and then swipe back in upon returning to your location of work.

### **CHILDREN**

No one under the age of 18 is allowed in the Fitness Center.

### **IDENTIFICATION**

Employees must possess, and display upon request, an SRPMIC employee identification badge. ID Badges are nontransferable and are for the exclusive use of the person named on the badge. Badges will be confiscated and returned to the Human Resources Department if presented by anyone other than the rightful owner. Staff from Administration, Health and Human Services, Human Resources, and Public Works provide oversight of the Fitness Centers and reserve the right to request identification from employees at any time.

## **CONDUCT**

Use of the Fitness Centers is a privilege, and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the facilities revoked or modified indefinitely, and/or be subject to further disciplinary action. No personal training is allowed in the fitness center. No video recording is allowed while using the fitness center.

Fitness Centers may be monitored by video surveillance.

## **FOOD AND DRINK**

Food or drinks are not allowed at any time in the Fitness Centers, with the exception of water and/or sports drinks in PLASTIC containers only. **NO** glass containers are allowed.

## **ATTIRE**

Appropriate dress is required while using the Fitness Centers. Participants who are reported to be dressed inappropriately may be asked to adjust as needed or asked to leave the facility.

1. All clothing must exhibit good taste, contain no offensive words or pictures and be clean.
2. Shoes must be worn at all times. Only athletic type shoes are permitted. No open toed shoes, boots or sandals.
3. For hygiene purposes and to prolong the life of the equipment, a full shirt, covering the torso is required at all times.
4. Athletic or jogging shorts, sweats or warm-up pants are considered appropriate.
5. Cut-offs, short shorts, street clothing with rivets, buttons, zippers or belts are not permitted.

## **ALCOHOL/SMOKING/DRUGS**

Alcoholic beverages or illegal drugs may not be consumed prior to or while using the Fitness Centers. Tobacco products are not permitted in the Fitness Centers.

## **STEREOS**

Participants may only use personal listening devices with headphones.

## **PERSONAL BELONGINGS**

Personal items are not permitted on the floor of the Fitness Centers. All belongings must be removed daily. The SRPMIC and RPHC is not responsible for participants' personal belongings or lost or stolen items. Participants are encouraged to leave valuable items at home or to have them safely locked away in their desks, etc. Lockers are provided for the duration of your workout. All belongings must be removed daily.

## **POLICIES and PROCEDURES**

1. Be courteous to others. Do not use the cardio equipment for more than 30 minutes during peak times (6:00-7:30, 11:30 to 1:00pm, and 5:00 to 6:30pm)
2. To avoid congestion and waiting lines, patrons should allow others to work in between sets while using strength training equipment.
3. Patrons should bring a personal sweat towel. All patrons are strongly encouraged to use the gym wipes to wipe down equipment after each used.
4. All equipment must be returned to its proper location after use.
5. Dumbbells, kettlebells, weight plates, and cable weights **cannot** be dropped to the floor.
6. All equipment must remain in the Fitness Center.
7. Profanity, excessively loud or suggestive language will not be tolerated.
8. Please direct all concerns and maintenance needs to [HHSFitness@srpmic-nsn.gov](mailto:HHSFitness@srpmic-nsn.gov).



# WAIVER AND RELEASE

## Salt River Pima-Maricopa Indian Community Fitness Center at River People Health Center

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I intend to use the Fitness Centers offered by the *Salt River Pima-Maricopa Indian Community*. In consideration of being allowed such use, I do hereby waive, release and forever discharge *Salt River Pima-Maricopa Indian Community* and its officers, employees, agents, representatives and all others acting on its behalf from any and all claims or causes of action (known or unknown) for any and all injury, illness, damage or loss that may occur to me or my property as a result of my participation in any aspect of the activities and facilities offered at or by the *Salt River Pima- Maricopa Indian Community Fitness Centers*, including, but not limited to, my use of equipment or machinery in connection with the activities and facilities offered at or by the *Salt River Pima-Maricopa Indian Community Fitness Centers*.

I understand that each person (myself included) has a different capacity for participation in such activities. I am aware that all activities and facilities, services offered are either educational, recreational or self-directed in nature. I agree that my participation in any and all of the activities and facilities provided at or by *Salt River Pima-Maricopa Indian Community Fitness Centers* is strictly voluntary and has not been requested or required by *Salt River Pima- Maricopa Indian Community*. I further agree that my participation in any and all activities and facilities provided at or by the *Salt River Pima-Maricopa Indian Community Fitness Centers* is at my own risk and that I assume any and all risk of injury, illness, damage or loss that might result. I also agree to assume all risk of damage, loss or theft to or of any of my personal property.

I declare myself to be physically sound and suffering from no condition, impairment, disease, infirmity or other illness that would prevent my participation in any of the activities and facilities offered at or by the *Salt River Pima-Maricopa Indian Community Fitness Centers*. I acknowledge that I have either had a physical examination and have been given a physician's permission to participate in these activities and facilities or that I have decided to participate in these activities and facilities without the approval of my physician. I do hereby assume all responsibility for my participation in the activities and facilities offered at or by the *Salt River Pima-Maricopa Indian Community Fitness Centers* and for my utilization of any and all equipment and machinery in connection with these activities and facilities.

I understand that the Salt River Pima-Maricopa Indian Community Fitness Centers may be monitored using recorded video surveillance cameras.

\_\_\_\_\_  
Employee Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Print Employee Name & Employee ID#

\_\_\_\_\_  
Staff Receiving Form and Date

\_\_\_\_\_  
SRPMIC Department and Location

I have a fob (circle one) Yes    No

\_\_\_\_\_  
#:

Fob # (stamped on back )