

## RULES AND REGULATIONS -- USE OF CLUB PROPERTY

### EXERCISE ROOM

Admission to the exercise room is limited to members in good standing, family members, and guests as defined in CP06, "Access to Commonly Owned Club Facilities by Non-Members". Before a member is issued an access card/fob the member must sign CP05a, "Exercise Room Use Statement of Responsibility". Member assumes full responsibility and liability for their guests while in the exercise room.

1. Member children from ages 14 to 18 may exercise in the fitness room only if supervised by an adult. Parent or guardians **MUST FIRST** go over rules with said children before they may use equipment. Member assumes full responsibility and liability for them while in the exercise room. **NO CHILDREN UNDER 14 ARE ALLOWED IN THE EXERCISE ROOM AT ANY TIME.**
2. Club members will assume full responsibility for their guest's behavior. Any person of any age causing damage beyond normal wear and tear to equipment shall be held financially responsible. ***Property damage could result in a loss of room privileges. Access Card/Fob must remain in member's possession and is not to be loaned. If lost a fee of \$20.00 will be charged to replace lost item.***
3. The exercise room will be available for use from 5:00 a.m. to 11:00 p.m. every day. **All doors to the Exercise room must remain closed and locked at all times.** At 11:00 p.m. all members and guest must leave the premises. Door opening to pool area is for emergency exit only.
4. Cape George Colony Club provides no supervision in the exercise room. Responsibility for safety resides entirely with the individual equipment user. Members assume full responsibility and liability for themselves and their guests while in the exercise room.
5. **NO STREET SHOES ARE ALLOWED** – Change into clean gym shoes before exercising. No belt buckles, blue jeans, or loose jewelry may be worn as they may damage equipment or cause injury.
6. Cape George exercise room dress code requires that shirt and shoes be worn at all times.
7. Because of the close environment, please avoid the use of heavy perfume or cologne.
8. Unsafe conduct is prohibited in the exercise room. Excessive noise will not be tolerated. No radios are allowed. Only personal listening devices with headphones are permitted.
9. Food and glass are prohibited in exercise room. Only non-breakable water bottles are permitted.
10. Members must be courteous at all times and a reasonable effort should be made to share equipment. 30- minute limit on Cardio equipment when people are waiting.
11. Members must use disinfectant supplies provided to wipe off equipment after each use.
12. Equipment must be returned to its proper location after use. Return weight plates and dumbbells to the rack provided.
13. Any violation of the above rules may subject exercise room user to suspension of all exercise room privileges and possible fines.
14. Report any equipment problems or safety concerns immediately to the office at 360-385-1177 or email [office@capegeorge.org](mailto:office@capegeorge.org). Do not attempt to repair or adjust any equipment that has malfunctioned.

15. Environmental Controls -In order to change lighting or ventilation, a user must first ask all other users present if they agree to the change. With affirmation from a majority of users, the user may make the change.

Revision Approved at Board of Trustees Meeting Dated March 15, 2012.

Revision Approved at Board of Trustees Meeting Dated April 16, 2020

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Kathleen Habegger – President

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Joel Janetski - Secretary