

IMMANUEL LUTHERAN CHURCH PARISH HEALTH FITNESS ROOM GUIDELINES FOR USE

- **The fitness center will be located on the lower level of the Sunday school area and will be monitored and maintained by the Parish Nurse.**
- **It will be accessible to persons wishing to use it during office hours and for those who have keys to the church after hours.**
- **All users will be required to attend an orientation on all the equipment and guidelines for use of the fitness room. After orientation they will receive the code to unlock the push button lock. If the code is given to others that have not been oriented to the equipment the code will be changed, and only oriented members notified of the change.**
- **Orientations will be scheduled monthly and as needed.**
- **No one under 16 will be allowed to use the equipment.**
- **Everyone who wishes to use the equipment must have a signed doctor's consent. This consent is available with the fitness packet and will list all the equipment available so that the physician can choose the best equipment for their patient.**
- **No one should use the fitness room without another person present who has also gone through orientation.**
- **All equipment will be maintained and checked every 6 months or as needed.**
- **A phone will be located in the fitness room for emergency use only.**
- **All persons using the fitness room will need to sign in, list who they are with, if they are not exercising, time, and what equipment was used.**
- **When done exercising on a piece of equipment that person will be expected to wipe down the machine with a Clorox wipe or equivalent.**
- **In case of an emergency, dial 911. CPR instructions are posted in the fitness center.**

- **Entrance to the building for the Salina Fire Department will be with the building Knox Box.**
- **if there is any problems with the equipment please notify the office or Parish Nurse immediately.**

Comment [1]:

It is the Parish Health Ministry Team's hope that this fitness center will promote a healthier, leaner church family.