



Logan County Rehabilitation and Wellness Center

906 W 2nd Street, Oakley, KS 67748

785-672-8167

Code of Conduct

This code of conduct has been adopted to protect all users' right of access to the facility, to ensure health, peace, and safety of all guests and staff, and to protect resources from damage. Failure to follow this code of conduct will result in disciplinary actions, which may include immediate removal from the premises, loss of privileges and/or law enforcement intervention. **All areas of the Wellness Center and pool are under security video surveillance.** The following rules of conduct should be followed by all:

General Rules

1. You should consult with your physician before using our facility.
2. Disorderly behavior of any kind, including excessive noise, obscene language or gestures, running in the building, or otherwise causing disruption to the peace and order of the Wellness Center is not allowed.
3. Members are asked to avoid derogatory comments, conduct or actions of a sexual nature, or disrespectful actions based on an individual's sex, race, ethnicity, age, religion, disability, sexual orientation, or any other legally protected status.
4. Members are asked to clean up after themselves while using any part of the facility.
5. Smoking or use of tobacco products is not allowed on property.
6. No alcohol or illegal drugs are allowed on the property.
7. Bicycles, skates, or pets of any kind are not permitted inside the Wellness Center.
8. Members are discouraged from using cell phones except in the event of an emergency.
9. **Members who break Wellness Center equipment through misuse or misconduct will be held financially responsible for repair or replacement of equipment and may be suspended from use of the facility.**
10. Please immediately report any damaged equipment or equipment malfunctions.
11. Please report any accidents, including spills and breakage of equipment to staff immediately.
12. **A responsible adult must attend to minors age 12-17. The responsible adult must be within direct sight of the minor at all times.**
13. Any personal property brought into the facility is not the responsibility of the Wellness Center.
14. Members are to follow the hours of operations. No one is to be admitted prior to opening hours and please promptly leave at closing.
15. Radios, tape/CD/MP3 players are only permitted with the use of headphones.
16. If you are the last person to leave the facility at closing time please shut off TV's and lights.

Exercise area rules:

1. **Members must use the equipment only in the manner intended by the manufacturer and authorized by the Wellness Center. When using the weight machines please do not allow the weights to drop.**
2. Misusing the equipment can result in injury and/or damage to the equipment. Follow directions and instructions. Ask for assistance from the fitness staff if you are unfamiliar with equipment.
3. The use of safety stop clips is strongly recommended while using treadmills.
4. Please disinfect each machine when you are finished using it. Cleaning materials will be provided.
5. Never leave the treadmills running unattended.
6. Please share stations as needed and do not stay on a piece of equipment you are not actively using.
7. In the event of high demand of a specific piece of equipment please limit use to 30 minutes.
8. Be aware of surrounding patrons that are working out.
9. Proper hygiene is required. Members with excessive body odor will be asked to correct the problem immediately. If this condition persists, the member will be asked to leave the facility.

Dress Code:

1. Exercise attire is required including closed toe shoes.
2. Shoes are required at all times.
3. No opened toed shoes may be worn while utilizing the fitness area.
4. Non-athletic shoes such as sandals and dress shoes are not allowed while utilizing the fitness area. During inclement weather you are asked to bring a pair of clean dry shoes for use on the equipment.
5. Shirts are required and must be worn at all times.
6. Bare midriffs are not acceptable. No halter tops, half shirts, or sports bras only.
7. Extremely short shorts or cut-offs are unacceptable.
8. Jeans are not acceptable
9. Please remove all sharp objects from your pockets for your safety and to help protect the Wellness Center equipment.

Pool rules

1. **Members are asked to shower before entering the pool.**
2. **No body oils or creams are permitted in the pool area. (Body oils, lotions, perfumes, etc. require that we use more chemicals in the water. Please help keep our costs down and our water safe!)**
3. Do not use the pool if you are taking any medication that causes drowsiness or have any medical condition which makes pool use inappropriate.
4. For your safety, all children age 12-17 must be under direct supervision of an adult while in the pool area.
5. Please remove all jewelry before entering the pool.
6. Swimsuits are required. Cutoffs and other frayed material will not be allowed.
7. Children age 0-12 are not allowed in the pool area at any time.
8. Absolutely no breath holding or hyperventilation activities are permitted.
9. Water shoes are permitted and recommended in all areas due to wet floors.
10. Food, drink and chewing gum are prohibited.
11. Plastic water bottles are permitted.
12. Horseplay is not allowed including running, pushing, dunking or throwing.
13. No diving allowed
14. In the event of inclement weather, the pool will be closed and remained closed for a minimum of 30 minutes after the threat has subsided.
15. **Any member having: fever, inflamed eyes, mouth nose or ear discharge, any communicable disease may not use the pool. If you have experienced any gastrointestinal problems within the past 2 weeks please refrain from using the pool.**
16. **Any member having skin lesions, sores, or evidence of skin disease, or who is wearing any type of bandage, adhesive tape, or medical covering may not use the pool.**
17. Swim masks and glasses with glass lenses are prohibited.
18. Hanging on lane lines is prohibited.
19. Please review and follow all additional rules posted in the pool area.

Soliciting All soliciting and distribution of materials at the Wellness Center must be approved by the Wellness Center management.

Personal Training

No outside personal training will be allowed. A business associate agreement with the Wellness Center must be obtained prior to any training

Key cards or Pin Numbers

You are responsible for your key card and/or pin number. You are responsible for access and activity associated with the use of your key card or pin number. Do not authorize others to use either to enter the Wellness Center.

Any improper use of a keycard or pin number may result in your keycard being confiscated/deactivated.

Attempting to illegally use another member's keycard or pin number to gain access to the facility will result in a fine for all those involved.

Keycards will be confiscated/deactivated and access will be denied until said fee is paid.

Insurance Disclaimer

It is the member's responsibility to provide his or her own accident and health insurance. The Wellness Center does not provide any such coverage for members or participants.

Towels

Towels will be provided for workouts, cleaning equipment, and pool use. Please place your used towels in the appropriate bin before exiting the facility. All towels must be left in the Wellness Center.

Locker rooms:

Lockers are available for daily use only by members. We recommend that members not bring valuables into the Wellness Center but in the event that you must bring these items please purchase a personal combination lock to secure a locker. The Wellness Center is not responsible for any items left in the lockers or locker rooms.

Drinks and Food

Water in a plastic container with a lid is the only substance allowed in the Wellness Center and pool area.

No gum, candy, or food is allowed.

If you are diabetic or experience hypoglycemia please speak with the Wellness Center staff for approval of necessary food or drink.

Televisions

Televisions are provided to make your workout more enjoyable. You are welcome to change the channel but please be respectful of the other members.

We encourage individuals to bring their own personal music device with headphones to listen to during workouts if you do not agree with the current music or television selection.

First Aid/Emergencies

Limited first aid may be administered by Wellness Center staff. An ambulance may be called if necessary. An emergency phone is located on the wall of the Wellness Center near the waiting area. An AED is available and located on the wall in the fitness area.

Children and Visitors

Children and visitors are not permitted on the exercise floor or in the pool area at any time. There is a waiting area in the Wellness Center and they will be limited to that area. Children may NOT be left unattended in the waiting area. Any children age 0-11 must be under direct supervision and within arm's length of an accompanying adult at all times and you may not work out while your child waits in the lobby area.

Emergency exits

There are 2 emergency exits in the Wellness Center and pool area and are to be used in emergency situations only. Anyone using these doors for any other purpose will lose Wellness Center access.

Video/Picture policy

Use of a camera or camera phone in any area of the Wellness Center is prohibited. If you require pictures or video, prior arrangements must be made and approval by Wellness Center management must be obtained.

Oxygen

Members requiring medically prescribed oxygen may use their personal oxygen system within the Fitness Center; however, they are responsible for the care and maintenance of their oxygen system. If at any time a staff member witnesses potential safety concerns, the member will be asked to correct the issue before continuing to use the facility.

Lost, damaged, stolen property

The Wellness Center is not responsible and/or liable for lost, damaged, or stolen property. All items found within the facility will be placed in the lost and found box located in the Wellness Center office. Any lost and found items will be maintained for no less than 30 days. Any unclaimed items at the end of that period will be cleared from the facility.

Inclement Weather / Lightning

The entire facility will be cleared in the event of a tornado warning or power outage. In the event of a thunderstorm or severe hail the pool will be cleared per our lighting policy for a minimum of thirty minutes after the initial closing.

Violation of regulations: Violations of any of the above policies will result in either a verbal warning or outright ejection from the Wellness Center. Any unacceptable behavior may result in loss of facility privileges and denied access to the facility. Failure to comply with the policy after being notified by a staff member may result in the summoning of law enforcement.

Notify Wellness Center staff if you incur or witness a reportable incident. Failure of a member or guest to comply with these rules and regulations may result in suspension or revocation of membership privileges. No refund of dues or fees will be given if membership is revoked due to a violation. If any member violates any rule or regulation, they may be subject to the following procedure:

1st warning – explain rule

2nd warning – you will be asked to leave the facility for the remainder of the day

3rd warning – membership will be revoked without refund

Payment:

Failure to make your monthly payment by the 7th of the next month will result in deactivation of your key card. Payment is non-refundable regardless of your attendance to the facility. In the event of unforeseen circumstances which would not allow your use of the facility, such as a medical condition or a move, a refund may be considered. This will be assessed on a case by case basis. Please contact Wellness Center management if such a situation arises.