

# FAMILY FITNESS ROOM POLICY

1. **Use of Family Fitness Room is for parents with children present.**
2. Always check-in with CDC front desk before using this facility and sign-in on the clip board in the Family Fitness Room.
3. **Food or beverage is not permitted in the Family Fitness Room, except water in spill-proof cups/bottles.**
4. Parents/legal guardians are responsible for the direct supervision of their own children while using the Family Fitness Room.
5. Strollers are not permitted inside the Family Fitness Room.
6. Children must remain in the play area or in a car seat. Children must remove their shoes before entering the Children's Play Area.
7. Children are not allowed on the exercise equipment.
8. If a child needs to use the restroom, the parent/legal guardian must accompany the child to/from the restroom.
9. Unruly children and their parents/legal guardians will be asked to leave the facility. Children who fight, bite or throw tantrums are considered unruly.
10. All personal toys must be removed from the Family Fitness Room when the child leaves.
11. Parents/legal guardians or children who violate play area policies and procedures may be denied future use of Family Fitness Room.
12. If a piece of fitness equipment is malfunctioning, please bring it to the attention of CDC staff so they may report it to the Fitness Center staff.
13. Respect other patrons. If other parents are waiting to use the equipment/room, please limit time to 30 minutes.
14. Group training sessions are prohibited unless conducted by an MWR Fitness instructor.

**All Family Fitness Room exercise items must remain in the room.**