



Edgehill Fitness Room
Policies
&
Procedures

**Eastside Community Enhancement Center
7301B Boydton Plank Road
Petersburg, VA 23803**

**Phone: (804) 732-1100
Fax: (804) 732-9921**

THIS IS A NON-SMOKING FACILITY



**Dinwiddie County
Department of Parks and Recreation
Edgehill Fitness Room Policies and Procedures**

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Thank you for taking advantage of the new Edgehill Fitness Room at the Eastside Community Enhancement Center. In the room you will find a 42" cable ready television and four brand new cardio machines: one elliptical, one treadmill, and two exercise bikes for you to benefit from. Before using the facility we ask that you take the time to read the policies and procedures for the room to ensure that all patrons are able to have enjoyable experiences.

Hours of Operation

Monday - Thursday

11:00am – 8:00pm – General Public Use

Fees

Dinwiddie County residents are able to use the room for only \$1.00 per hour. Non-Residents are considered guests, and they must be accompanied by a county resident. There is a \$2.00 guest fee; please refer to the guest portion of this packet for more information.

With all methods, after payment is received, in order to use the facility a valid ID (Driver's License, Student ID, Official ID Card) must be given to the staff member to hold onto during your usage time in the room. A staff member will then walk you to the room and let you in. Once you are finished with your workout return to the main office to retrieve your ID.



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General Policies of the Edgehill Fitness Room

- The Edgehill Fitness Room is equipped with four pieces of cardiovascular equipment. A staff person supervising the use of equipment and assisting with fitness development will be on duty at all times.
- Only 4 patrons will be allowed in the Fitness Room at a time.
- Children between the ages of 9 & 16 are not allowed to use the fitness room without a paying parent.
- Children are not allowed to wait in the Fitness Room while parents are working out.
- Patrons may request assistance from staff at any time about the proper use of the equipment.
- Smoking is not allowed in the Fitness Room. No tobacco chewing or dipping allowed in the fitness center.
- No food or drinks are allowed in the fitness room except for water bottles in sealed containers.
- For your enjoyment and safety, please review the posted Fitness Room Rules before working out.
- Personal music is only allowed in the fitness center when it is used with headphones.
- Chewing gum is prohibited in the fitness room.
- The fitness room door must remain locked at all times, please do not prop it open or open the door for anyone.
- Disorderly conduct, abuse or misuse of the facility or its equipment, or disregard for the fitness rooms' policies will not be tolerated.
- Violators will be required to leave the facility and may be subject to disciplinary action and/or payment for damages.
- Violators of the above policy may also be suspended from using the facilities as determined by the Recreation Department staff.
- Fee paying members who are suspended will not have any portion of their fees refunded.
- Please do not touch the air conditioning unit, ask for assistance from a staff member to adjust the temperature.
- Talking on cell phones while using the cardio equipment is prohibited.
- After you finish on a machine please wipe it down with the designated disinfectant wipes.
- Please store personal belongings on designated rack and not on the floor.

Equipment Use and Orientations

All equipment must be used in the manner for which it is designed. If equipment is used in any other way, it may cause injury to the participant and others in the area.

Orientations are required upon purchase of membership for all patrons. Improper technique during exercise can cause injury or undue soreness. The fitness center staff is trained on proper form and technique with all the equipment in the fitness center. Walk-in orientations are available during hours of operation.



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Attire

Appropriate attire is required at all times.

- **Full-back, sleeveless shirts or full, non-mesh T-shirts** must be worn to decrease the chance of transmitting diseases such as ringworm, impetigo and staff infections through body contact on the pads. This also is required so all patrons, regardless of body shape and size, feel comfortable using our facilities.
- Cotton tank tops, bra tops, string tank tops, cut out t-shirts and any top that does not cover the entire back are not allowed. Button down shirts also are not allowed because they have buttons or divots that can tear the padding on equipment.
- Soft-soled, closed-toe athletic shoes must be worn. Sandals are prohibited due to feet being exposed.
- Athletic bottoms also must be worn, not jeans, which have buttons or divots that can tear the padding on equipment.
- Inappropriate attire includes: string tank tops, A-style tank tops (beater tanks), bra tops, racer back tanks, cut up shirts (those with large holes on the sides), mesh shirts, extremely short shorts, jeans, carpenter style pants, sandals/flip flops, steel-toed boots, non-athletic shoes.

Lost and Found

- Dinwiddie County Recreation Department is not responsible for lost or stolen items.
- Staff members are not permitted to hold valuables.
- Items found should be turned into the main office.
- Items not claimed within seven days will be donated to charity.
- Inquiries regarding lost items should be made at the main office.

Music and Television

- Participants may only use personal listening devices with head phones; boom boxes are not allowed.
- Feel free to watch television while in the room. Please leave the remote on a machine or on the rack when finished. Staff members have the right to change the channel from anything that may deem inappropriate for the facility or its patrons.
- Personal headphones must be used on the bikes and in using personal music players.



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Guest Policies

- Non-residents are considered guests.
- All guests must be sponsored by an eligible user of Dinwiddie County.
- Guests must check-in at the desk in the lobby and present a valid ID.
- A guest fee of \$2.00 must be paid at check-in.
- Members are limited to one guest per day.
- Guests must be at least 18 years old.
- Sponsors are responsible for the conduct and actions of their guests, and must accompany them at all times.
- The management of the recreation and fitness centers reserves the right to refuse admittance to any guest.
- Individuals seeking admittance to the recreation and fitness centers may not solicit members to sponsor them as a guest.

Accessibility

- Participants with disabilities should contact a staff member in the main office for assistance in using the facilities.