

# City Of Cullman Wellness And Aquatic Center

## At Chester Freeman Park

### Policies and Procedures

Thank you for being a part of the City of Cullman Wellness and Aquatic Center at Chester Freeman Park. In order to provide an enjoyable experience for everyone, we ask that all patrons demonstrate respect for others, by adhering to all policies and caring for property. Members as well as guests should familiarize themselves with the rules and all the pool regulations as posted on-site and/or printed in this guide. Verbal instructions from any staff are for the safety and comfort of all members and guests, and must be followed.

#### **Attire**

The use of proper attire while using CWAC is required.

#### **Fitness**

The use of Athletic shoes and modest attire while using the fitness area is required. Sandals, clogs and other open shoes are not permitted in the center, because of increased risk of injury; it is recommended that jewelry be removed prior to participation in any activities, or before utilizing any equipment in the fitness area. No swimsuits or thongs will be allowed in this area. Shirts and shoes must be worn at all times, and shorts and shirts should cover leotards and sports bras. Clean, un-torn clothing is mandatory for hygiene and safety reasons. Participants with offensive body odor will be asked to shower and change. Excessive perfume is inappropriate and is not allowed as well. Club management reserves the right to determine whether or not attire is unacceptable.

#### **Pool**

The use of proper swimming attire is required.

#### **Bags/personal items**

Please store all items in a locker. Day lockers are available in the locker rooms and members must bring in their own locks. Unattended items will be collected and considered lost if they are not stored in a locker. Locks, left over night, will be cut off. CWAC is not responsible for items lost or stolen.

#### **Cell phones and paging**

The use of cellular phones is permitted inside, provided they do not interfere with others' enjoyment of the facility. Please be courteous and move all cell phone conversations to a lobby or lounge area. In fairness to other patrons, cell phone use is not allowed in group exercise, classes or locker rooms. If there is an emergency and a patron must be contacted, please contact the front desk at 775-7946.

#### **Change of address, name or student status**

Please submit any changes of address, name or student status to the front desk either in person, by mail, or fax. All changes must include the member's signature.

CWAC

256-775-7946 Front Desk

1636 FIELD OF MIRACLES DR

PO BOX 788 CULLMAN, AL 35056

#### **Operating Hours and Closures**

CWAC is open Monday-Thursday 4:45 am- 9 pm. Fridays 4:45 am- 7pm. Saturdays 7am- 5pm. Sunday 1:00pm- 6:00 pm. CWAC facility may be closed or open limited hours when warranted.

#### **Comments and Concerns**

Please direct comments and concerns to the front desk or use the comment box located just outside the front office. You may also direct comments to management by calling 775-7946

#### **Code of Conduct**

CWAC is committed to creating a safe, comfortable and enjoyable experience for patrons. The staff will proactively intervene to support an environment where members and guests can enjoy the facilities and programs free from the following behaviors:

1. Foul/abusive language or obscene gestures
2. Intoxication or other signs of impairment related to alcohol consumption or illegal drug use
3. Fighting, taunting or threatening remarks or gestures
4. Spitting

5. Horseplay posing safety risks to participants or others
6. Mistreating of dumbbells, weights or any equipment
7. Displays of affection not appropriate in a public setting
8. Obscene or indecent clothing
9. Any disruption to the progress of a sanctioned activity
10. Un-sportsmanlike conduct
11. Obtaining entrance under false pretense

### **Ejection**

CWAC reserves the right to eject anyone whose behavior is unruly or illegal in nature. Membership privileges will be revoked without a refund and the individual(s) will be escorted from the facility.

### **Emergencies and Evacuation Procedures**

In the event of a serious emergency, the CWAC Staff will direct patrons to a safe area. For your safety, and the safety of others, please follow all instructions given by the Staff. Evacuation routes are posted.

### **Entrance/Exit**

CWAC is a single entry/exit facility. Please use the glass doors at the north corner of the building. Other exits are for emergency use only.

### **Entry**

For entry to the facility, members must sign in and provide photo ID if question arises. Guests must present a photo ID to purchase a day pass at front desk and complete and sign the registry prior to using the facility. Guests must be 14 years of age or with a parent or legal guardian. Entry may be refused or privileges suspended or revoked with sufficient cause.

### **Childcare**

Children under the age of 14 are not allowed in the facility without adult supervision. If parents or guardians wish to workout, children under 14 must be in the childcare area and parents must sign children in and out. All parents should fill out an information sheet for each child on the child's first visit. Guidelines for children in fitness area are located in the fitness policy manual.

### **Fitness Area Policies**

1. Please wipe down equipment after each use.
2. Closed-toed athletic shoes are required; open-toed or heeled shoes are not allowed at any time.
3. Please re-rack all weight plates, dumbbells after usage.
4. Utilize spotters when needed.
5. No dropping weight plates, dumbbells or barbells at any time. If you cannot control the weight, choose a lighter one or enlist the help of a spotter.
6. Please limit cardio workouts to 30 minutes, when someone is waiting.
7. Outside Personal Trainers are not allowed to train in CWAC.

### **Food/Drink**

Water in a clear plastic container with a lid is allowed throughout the indoor facilities. Other food and beverages are restricted to the Lounge Area next to the Front Desk. Tobacco products, drugs and alcohol are not allowed in the facility. Anyone exhibiting signs of being under the influence of a controlled substance will be denied entry.

### **Liability Waiver**

Patrons are required to sign a liability waiver prior to using CWAC facility. Fitness activities pose an inherent risk; all users should consult a physician prior to participation. If you have special health considerations, allergies or serious health conditions, please inform the staff.

**Lost and Found**

Please contact the Front Desk regarding lost or missing items. Lost items will be kept for 30 days; items that remain unclaimed will be donated to charity. CWAC is not responsible for lost or stolen items.

**Payment**

Cash, Visa and MasterCard, debit cards, local checks and electronic fund transfer and payroll deduction are all acceptable forms of payment.

**Pets**

Pets, other than guide animals, are prohibited in the facility.

**Frozen Accounts**

Members may freeze their membership at the front desk by signing a status change form and proof of illness, relocation, or death of immediate family member. Members are frozen in monthly increments.

**Smoking**

Smoking is not prohibited anywhere in or around the CWAC facility.

**Orientation**

Attendance at an orientation session for new members is mandatory. During the orientation, new members will be shown through the fitness center and how each piece of equipment works. Please call 775-7946 ext 30 for dates and times.