



# Hopland Band of Pomo Indians

3000 Shanel Rd., Hopland, California 95449 Phone (707) 472-2100 Fax (707) 744-1506

## REQUEST AND USE OF GYMNASIUM POLICY

### **I. Gymnasium Access**

Prior to accessing gymnasium and Fitness Center, all visitors are required to sign-in. All Tribal members over the age of 18 will receive one free access card, replacement cards will be \$5.00. Gymnasium hours will be between 6am- 9pm. Upon receipt of the card, this policy must be agreed to and signed. Members may be accompanied by (1) guest and may only bring children under the age of 18 in if they are their own children. Failure to abide by this policy will result in all gym privileges being immediately revoked for a period determined appropriate by the Tribal Administrator. Furthermore, any lost, stolen, or damaged equipment and/or property, while using the facilities, is the responsibility of the members and their guest. All premises are under video surveillance which will be used to determine the responsible parties involved in the event of damaged or stolen property.

### **II. Fitness Center Attire**

Proper athletic attire must be worn while using the fitness center. Sneakers, socks, athletic pants/shorts, and t-shirts are considered appropriate attire. Bare feet or sandals are NOT permitted. During winter months and raining days, please bring a dry pair of shoes. The Facility Attendant on duty may deny access to Fitness Center if you do not have a dry pair of shoes.

### **III. Food and Beverages**

Other than water bottles, food and beverages are not allowed in the gymnasium. It should also be noted that a water fountain is located in the facility if you do not choose to bring water with you.

### **IV. Tobacco Free Policy/Smoke Free**

The use of tobacco products in the fitness center is prohibited. This includes vape pens. Participants who use tobacco products in the facility will lose their privilege of using the facility. Any use of tobacco products on the premises is prohibited. HBPI has gone tobacco free. There will be NO smoking of any type permitted.

### **V. Equipment Sign-Out**

A limited number of additional exercise/weight equipment is available for use within the Fitness Center. You may sign this equipment out at the front desk by leaving your I.D. card. The equipment must be returned to the desk before leaving the Fitness Center at which point the Facility Attendant will return your I.D. card.

### **VI. Fire Alarms**

Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while you are using the facilities, you must immediately leave the center through the first floor main doors and exit the residence hall and remain outside until it has been announced that it is safe to re-enter.

### **VII. Emergency Exit**

The second-floor doors are only to be used as an emergency exit. Use the first-floor doors to gain access to the Fitness Center. Do not open the second-floor doors to anyone. Allowing anyone access to the second-floor doors will result in immediate suspension.



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## **VIII. Health and Safety**

If you have the flu, a cold, or any other contagious illness, please do not train in the facility. Using the Fitness Center with a contagious illness puts you and all other members at risk. Illness causes an individual's system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Disinfectant wipes are available in the Fitness Center for cleaning perspiration from the pads and benches. Please be courteous of fellow Fitness Center members, and use the supplies provided in the areas that you use. It is your responsibility to clean up any mess that you may have made during your visit.

## **IX. Injuries**

Any visitor requiring medical attention should immediately contact staff on duty.

## **X. Lost and Found**

Articles lost in the facility are kept behind the front desk as you enter the center. The facility is not responsible for any lost or stolen articles or for any items left at the front desk while you are training.

## **XI. Cardiovascular Equipment Usage Procedures**

Cardio equipment is on a first come, first serve basis. We ask that you please limit use to 30 minutes while people are waiting. Our Facility Attendants can assist you if you have any questions or concerns. Please wipe down cardio equipment after use.

## **XII. Weightlifting Policies**

For courtesy and safety reasons, all lifters **MUST** re-rack their own dumb-bells and weight plates after they have finished using them. Also, all lifters **MUST** use a spotter for safety reasons. Searching for sets of weights needed for your weight-lifting program can be extremely annoying, and this is easily avoided when all lifters re-rack their own weights. Furthermore, having weights spread throughout the center poses obvious hazards. Continued failure to abide by this policy may lead to the suspension or termination of your membership. In addition, please do not slam or drop the weights. It is your responsibility to wipe down all equipment used.

## **XIII. Open Recreation in the Gymnasium**

The tribe realizes the importance of this avenue of recreation and we make every effort to provide our visitors and faculty/staff with these recreational opportunities. The recreation facilities are continuously becoming more available to the community, and we encourage all visitors and faculty/staff to take advantage. The staff is responsible for enforcement of policies and procedures. Participants must respect the authority of the staff and respond to their directions accordingly. Courtesy for other visitors, staff, and the equipment, while in the gymnasium is expected and required. Failure to comply with policies and procedures may result in immediate eviction from the gymnasium and revocation of future privileges.

Children under 5 years of age shall be always under the direct supervision of an adult. Children between the ages of 6-9 years old will be permitted to enter the gym without adult supervision on a case by case basis and use the first-floor portions of the gym open to the public. If the child behaves in such a manner as to violate policies or procedures, fails to follow



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or disregards directions of the Facility Attendant shall have the child picked up by a parent, guardian, or family member. Future use of the gym by that child shall be under the direct supervision of a responsible adult.

Children over the age of 10 may use the first-floor portions of the gym open to the public, the gym facility without adult supervision, so long as they comply with all policies and procedures. Children 15 years and older may use the upper floor facilities, but only if they are accompanied by a responsible adult at all times. NO ONE 14 years of age and under may enter the second-floor facilities, even if accompanied by a responsible adult.

#### **XIV. Membership Revocation and Suspensions**

All HBPI policies and procedures apply while at the gymnasium. The staff is responsible for enforcement of policies and procedures. Participants must respect the authority of the fitness staff and respond to their directions accordingly. Courtesy for other members, staff, and the equipment in the **HBPI** gym is expected and required. Loud, boisterous, or abusive behavior will not be tolerated. Failure to comply with policies and guidelines may result in immediate eviction from the gymnasium and revocation of privileges.

By entering **HBPI** gymnasium, you are entering at your own risk and agreed to abide by these policies and procedures. Any participant's failure to adhere to the fitness center policies and procedures will result in the loss of their privilege of using the facilities.

I hereby agree to follow and abide by the contents of this policy. I understand that I will be responsible for any damages, mess, theft, or injuries that may occur by myself or anyone that enters the gymnasium by way of my access card. I also understand that any violation of this policy, theft, mess, damage and/or injury may result in my immediate loss of gym use privileges.

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Tribal Member Signature

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Date: