

# GETTY FITNESS

## GYM POLICIES & PROCEDURES

Members of the Getty Fitness Center must agree to and abide by the policies and procedures outlined below. Failure to adhere to these policies and procedures will result in suspension or termination of membership.

1. **Supervised Fitness Center** hours are Monday-Thursday, 8:30 a.m.-7:00 p.m. (This excludes all Getty-designated holidays.) Members have 24-hour access, 7 days a week, only after an orientation has been completed (by appointment; contact the Fitness Center). The Fitness Center is subject to closure due to special events, maintenance or emergencies. Members will be notified of closures via email and, when possible, posted signage.
2. **All members must** check in at each exercise session and use of Fitness Center. If the computer is turned off or not working, check in using the paper sign-in log provided.
3. **The Fitness Center staff** has the authority to ask a member to leave the premises if deemed necessary. Unauthorized visitors are not eligible to use any aspect of the Fitness Center at any time and will be asked to leave. Outside personal trainers are not permitted.
4. **Use of a mobile device** is permitted only when used for listening or watching, while working out. Headphones must be used at all times and volume must be such that other members cannot hear what is being played. No conversations on electronic devices should take place, unless for the purpose of an emergency. No mobile devices should be used for any reason in the locker rooms, except in the case of an emergency.
5. **The volume of stereo** and/or television should be such that it is respectful of everyone in the Fitness Center and both music and entertainment selections should be appropriate.
6. **Food and chewing gum** are not allowed in the Fitness Center. Beverages, other than water, are not allowed in the Fitness Center.
7. **Appropriate workout clothing** is required at all times (i.e. gym shorts and/or sweats, shirts and shoes). Clothing with vulgar and/or demeaning slogans and/or pictures will not be allowed. Athletic shoes must be worn at all times and must have closed toes. No street shoes, flip-flops, sandals or bare feet will be allowed. For yoga or stretching, footwear may be removed only while exercising on a mat.
8. **All injuries and accidents** must be reported to the Fitness Center staff immediately. This includes minor incidents such as overexertion, fainting, and light-headedness.
9. **Be courteous** to other members; excessive noise (grunting, moaning, clanging or dropping of weights, etc.) is not permitted, nor is using inappropriate language or cursing. If others are waiting for the piece of equipment you are using, be aware and share.
10. **If exercising alone** during unsupervised hours and an emergency occurs, notify security by pulling one of the emergency pull-switches located around the Fitness Center, or call the Security Emergency phone number at x7000 and inform them of the situation.
11. **Members are responsible** for notifying the Fitness Center staff of any changes in their health status (e.g., pregnancy, hospitalization, new medications, etc.), since many health conditions can impact a safe and effective exercise program.
12. **The J. Paul Getty Trust** and Health Fitness Corporation assume no responsibility for lost, stolen, or damaged articles.
13. **If any equipment** or aspect of the facility needs attention, members should inform Fitness Center staff.

# Thank you for your cooperation.