

OLATHE COMMUNITY CENTER

FITNESS FLOOR RULES & GUIDELINES

Courtesy & Conduct

- Please be courteous to staff and fellow members and guests at all times.
- Respect shared spaces and equipment. Allow others to work in between sets if needed.
- Follow all staff instructions. Misuse of equipment may result in injury or damage.

Age Guidelines

- **Children 9 & under:** Not permitted on the fitness floor. May use indoor track only with an adult.
- **Ages 10-13:** May use the track unsupervised **with a waiver on file.**
- **Age 13:** May use the fitness center **with the purchase of Personal Training sessions only.**
- **Ages 14-15:** May use equipment after completing a Fitness Orientation **with a guardian present.**

Safety & Cleanliness

- Wear proper attire: **Torso covered, closed-toe shoes only** (no dress shoes, sandals, clogs, or boots).
- **Wipe down equipment** after use.
- **Re-rack weights** and **do not drop** them or the weight stacks.
- Use **weight collars** at all times.
- **No food, gum, or open beverage containers** (only secured-lid bottles allowed).
- **No personal belongings** on the floor – use lockers downstairs.
- **No chalk** permitted.
- **Use headphones** when listening to music or media.
- Report broken equipment to staff.

Equipment Use

- Follow all posted instructions for proper use.
- Ask fitness staff for help if unfamiliar with equipment.
- Cardio machines: **30-minute limit** when others are waiting.
- **Do not remove equipment** from the weight area.

Personal Training

- Personal trainers are available for a fee. Inquire at the Fitness Desk to schedule.
- Only **Olathe Community Center-contracted trainers** may provide training.
- **No outside trainers** or unsupervised training by individuals, regardless of payment.

Liability & Responsibility

- Olathe Community Center is **not responsible** for lost, stolen, or damaged items.
- Always **consult your physician** before starting a new exercise program.
- Management reserves the right to revise these rules as needed.

