



Sun City

CIVIC ASSOCIATION

EXERCISE ROOM RULES

1. The Exercise Room is for the exclusive use of SCCA members. The hours of operation are 7:30am-8:30pm.
2. The SCCA membership card shall be presented to the Pool Monitor each time a member uses the facilities (Pools, Spa, and Exercise Room). The member shall sign his name and membership number on the sign-in sheet. The Pool Monitor may request further identification of the member to resolve any identity questions. In the event a member presents a card not his own, an Incident Report shall be filed by the Pool Monitor in the SCCA office for further action.
3. All participating members shall read and observe all rules posted for the use of each piece of equipment.
4. Some form of protective clothing shall be worn by all participating members to prevent skin abrasions. Swim suits, wet or dry, are not permitted in the Exercise Room.
5. The use of treadmills is limited to ten (10) minutes per member. A sign-up sheet is provided should more than one member wish to use the treadmill.
6. Adjustments outside the normal range for each piece of equipment are not permitted. Defective or inoperable equipment is to be reported to the Pool Monitor and its use discontinued immediately.
7. MEMBERS ARE RESPONSIBLE FOR THEIR PHYSICAL LIMITATIONS. MEMBERS WHO EXERCISE BEYOND THEIR LIMITATIONS DO SO AT THEIR OWN RISK.
8. Violations of these rules shall be reported to the SCCA Board of Directors and could result in the suspension of privileges. In the interest of safety, the Pool Monitor may expand upon these rules as necessary.

PRACTICE CAUTION AND HAVE FUN!