

Inman Recreation Commission and Wellness Center

Fitness Center Policies

Policies are subject to change at any time at the discretion of the Inman Recreation Commission. A current copy of fitness center policies and rules will be posted at the wellness center.

Age Limits

No one under the 7th grade level will be allowed in the cardio/strength training room areas at any time. Members from 7th grade and up are allowed to participate with a valid membership plan.

Members Only

Only paid members will be allowed to use the fitness center. Members are PROHIBITED from bringing guests into the fitness center unless they have purchased a guest pass PRIOR to access. Guests may purchase a daily usage permit during IRC office hours. If purchasing a family membership, only immediate family members, which include dependent children and spouses in the current household who are 7th grade and older will be allowed access to the cardio and strength training area. Any dependents over the age of 22 must be legal dependents and claimed on your IRS income tax return. If your membership renewals are not paid, your key access will be turned off until fees are paid. It is the responsibility of each primary member to make sure fees are paid on time so access is not interrupted.

Hours of operation: June-September: Monday-Thursday 8am-8pm; Friday 8am-7:30pm; Saturday 8am-noon; October-May: Monday-Thursday 8am-9pm, Friday 8am-7:30pm, Saturday 8am-Noon. If a member has not purchase a keycard to be allowed to be in the facility after office hours, member will be asked to exit the facility upon closing.

Membership Terms

Month-Month: Member's monthly payment shall be subject to price increases adopted by the Inman Recreation Commission (IRC). The IRC or member may cancel month-to-month memberships at any time. There shall be no refund of any payment upon cancellation by member.

Year Contract: If a member has purchases the year contract including the ACH membership, IRC has provided the member with a lower monthly rate as shown on the application. In return for the lower monthly payment the member has agreed to make a minimum of 12 monthly payments on or before the payment due date stated in the membership agreement bank draft. There shall be no increase in fees during the initial 12 months at the then current year contract rate, unless the member indicated a desire in writing at least 14 days prior to expiration date of the initial 12 month term.

Default: Members failure to utilize their membership shall not relieve member of the duty to pay in full the initial membership term. In the event the member shall fail to make a monthly installment payment for membership term and said payment remains unpaid for a period of 30 days then the IRC shall have the option to declare any further installment payments for the initial membership term in default and accelerate all such payments for immediate collection.

Daily Usage Fees

For those individuals who meet age requirements and do not want to purchase a membership plan, we will allow daily access during open wellness center office hours. Office hours June thru September are Monday-Thursday 8am-8pm, Friday 8am-7:30pm, and Saturday 8am-Noon and October-May are Monday-Thursday 8am-9pm, Friday 8am-7:30pm, and Saturday 8am-Noon. The office is closed on Sundays and Holidays. The daily use fee for an individual (19-60) is \$6, student 7th grade-18) is \$2, senior (60+) is \$4, and Family day pass (for immediate family members up to 22 years) \$9. ***Daily usage members must complete the same forms and release/waivers as members. If you buy another daily usage within the 6 month grace period you will not be required to complete the registration packet again. If there is a gap of 6 months or more between daily usage fee purchases then you will have to complete a new registration packet.***

Initiation Fee

There is a one-time initiation fee of \$25 per membership plan. If you let your membership lapse for a year or more then you will be required to pay the initiation fee and complete a new registration packet upon rejoining.

Access Key Fee (Keycard)

Each member has the option to purchase a keyless entry card for use from 4am to midnight 365 days a year. The keyless entry card is only for the use of the primary member and immediate family members (if family membership) as listed on the application. There is a one-time \$20 fee for the keycard. If you lose or misplace the card notify the recreation commission immediately, you will be required to purchase another card for access at the same fee of \$20 if you would like to replace your card. This card is only for the use of members 15 and older. Upon leaving please make sure all designated lights and TV's etc. are shut off. Any failure to carry out the rules associated with a keyless entry card allows the wellness center to terminate the use of the keyless entry system. The keyless entry system is a privilege and should only be used in accordance with the membership guidelines of the Inman Wellness Center.

Class Participation

If any member/guest enrolls in classes run by the IRC they shall be paid in full prior to attending the class. If payment is not received, the member/guest will not be allowed to participate in the class or classes.

Registration

A completed registration packet including membership application, policy agreement, assumption of risk/release, health participation questionnaire, and medical release (if applicable) must be submitted to the IRC office and all membership fees paid in full to use the wellness center. Once we have received the completed packet and processed your membership, and activated your membership keys your membership will begin.

Health Participation Questionnaire

Every member of the wellness center must complete and pass a health history form.

Attire

The Inman Recreation Commission is a family-friendly facility. Please dress appropriately. Shirts must be worn while exercising in the facility. Athletic shoes must be worn. Opened toed shoes are prohibited in the cardio and strength training area. **Shoes must be clean upon entering the facility.**

Participant Behavior

All fitness members must help create a friendly, safe atmosphere in the wellness center at all times. Any altercations with other members and/or IRC staff will not be tolerated and will result in the termination of wellness center privileges. This behavior also includes the use of music on our audio systems. ***Profanity in the music listened to on our system will be grounds for terminating membership.***

Security

The IRC wellness center is under 24-hour surveillance. Whether you are working out, entering/leaving the building, your activities are recorded. This video system is for security purposes only.

Severe Weather

In case of severe weather, please do the following:

In the case of a tornado during office hours please follow a staff member to Inman High School where there is a tornado shelter.

In the case of a tornado after office hours please make your way as quickly as possible to the tornado shelter access at the north side of the high school.

Fire

In case of fire, please exit the facility at the nearest or safest exit on the West, East, or North side of the building. After exiting the building immediately call 911 from your cell phone or nearby business or home.

Injury and First Aid

In the event that you or someone else becomes injured:

- For minor injuries (cuts, abrasions, etc.) a first aid kit is located in the IRC Wellness Center on the wall near the entrance to the lobby area.
- For serious injuries that need medical attention, dial 911 from the phone located on the front desk. There is also an AED located behind the reception area.
- Report all injuries to the Inman Recreation Commission during business hours. The phone number to the Recreation Commission/Wellness Center is 620-585-2050

Power Outages

There are emergency lights throughout the facility. After a power outage, there is the possibility that keycard access may be out of order. Staff will get the system up and running as soon as possible.

Clean Up

All members must clean equipment after use. Disinfectant spray and towels are provided. All equipment (dumbbells, weights, attachments) must be put away when finished. Please turn off equipment, televisions, and lights when you leave and the room is empty. ***All members must wear clean shoes in the facility.***

Violations or Damage

Members are required to report any violations of rules or damages to equipment and facilities to the IRC office during office hours or by calling 620-585-2050.

Violations of any policies and rules WILL result in memberships being revoked without refund.

Membership Refunds

Membership fees are non-refundable or transferable. Special circumstances will be considered on a case by case basis. The IRC Board has the final authority on this issue.

Insurance Statement

The Inman Recreation Commission and wellness center does not provide accident insurance for injuries sustained during IRC activities or in IRC facilities. Members and community participants participate in programs and use of the facilities at their own risk, and are encouraged to have personal medical coverage.

Classroom Equipment

Gymnastics equipment as well as other weight machines, free weights, spinning bikes, etc. are not to be used or climbed upon if under instruction with a particular class.

Miscellaneous

These policies are only a general description of IRC Wellness Center policies; you must follow any other instructions provided to you in the facility by signage, by instructors, trainers, and/or staff. If you have any questions or concerns on how to use equipment please feel free to ask our staff for assistance. Please for your safety do not use equipment if you do not know how to use it properly.

Facility Guidelines (Posted in the wellness center)

- T-shirts, shorts/pants and shoes must be worn when entering and throughout the wellness Center, regardless of activity. There are exceptions for certain wellness center classes.
- Appropriate footwear must be worn when using equipment, no sandals or open toed shoes.
- No food and drink will be allowed passed the lobby area. Only water in a spill proof container will be allowed passed the lobby.
- No running, dribbling balls, or horseplay in the lobby and classroom areas.
- **The wellness center is a facility operated for the enjoyment of the community. Dress, language, and activities of members are a representation of the standards that associate with our community.**