



Member and Guest – Code of Conduct

The mission of Family Wellness is to inspire healthy lifestyles by connecting people in a fun environment.

General Conduct

In order to achieve a positive environment for all of our staff and guests the following code of conduct is established.

Have fun, but not at the expense of others. All members and guests are expected to be courteous to others and to staff. Harassment of any kind will not be tolerated. The golden rule of treating others as you expect to be treated shall prevail. Inappropriate or profane language, threats, assault (whether verbal or physical) shall not be tolerated. Members and guests are expected to respond to others with respect and consideration and treat all others equally regardless of gender, race, religion, disability, culture or sexual orientation. Appropriate hygiene is required. Safe use of all facilities and equipment is promoted and unsafe practices are not allowed.

Members and guests may not use the facility while under the influence of alcohol, illegal drugs, or any other controlled substance that impairs your ability to use the facility safely. Tobacco and other controlled substances previously mentioned are prohibited in the building and on the property. Suspicion of being under the influence, including (but not limited to) smell, erratic behavior, or possession of paraphernalia may result in refusal of access.

All programs and structured services at Family Wellness are provided solely by Family Wellness staff. The use of any outside trainers, coaches, or outside service providers other than Family Wellness staff are prohibited. Team practices are not allowed, unless space has been rented for this specific purpose. Anyone observed or suspected of delivering fitness, coaching or athletic training as an outside service provider on Family Wellness grounds will be subject to disciplinary action which may include removal of access.

Family Wellness reserves the right to ask any member or guest to leave the facility should the staff believe the person is not acting in respect of this code of conduct. Family Wellness management may revoke the privilege to enter and use the facility if a member or guest violates this code of conduct.

This code of conduct may change at any time at the discretion of the Family Wellness management or board of directors.

Age Guidelines

Parent or guardian shall supervise their children ages 8 and under at all times that they are not in the childcare area or structured programs, and can use the basketball courts (during scheduled times), pool, racquetball courts, multipurpose room (when available) and track with parent or guardian age 15 or older.

- Children ages 9 – 11 may use the basketball courts, pool, and racquetball courts unsupervised with parent or guardian in the facility. They may also use the track and bridge if closely supervised by a parent or guardian. Exercises and equipment usage for children ages 9 – 11 should comply with posted Family Wellness safety requirements.
- Children 12 – 14 may be in the facility without a parent or guardian. Children 12 – 14 may also use the fitness center and group fitness classes (not Body Pump) when closely supervised by a parent or guardian (age 15 or older). Exercises and equipment usage for children ages 12 – 14 should comply with posted Family Wellness safety requirements.
- Children ages 15 and up may use the full facility.

Attire

Family Wellness is a family organization and asks its members to wear family appropriate attire. Members are required to wear appropriate sports clothing; clean gym shoes or shoes with non-marking soles, shorts that cover the full buttocks and tops that cover the majority of the torso are required in the fitness center, fitness classes, and all other activity or general areas. Heavily modified shirts that expose the nipples or working out in only a traditional sports bra are not permitted. A swimsuit is required in the pools and whirlpools. In the swimming pool, infants in diapers must wear specialty swim diapers manufactured specifically for swimming pool use. Clothing that is overly revealing or see-through, has profane or offensive language or pictures is prohibited. Family Wellness reserves the right to define inappropriate dress when necessary.

Photography and Video

In order to protect the privacy of our members and guests, the capture of another user's likeness by a member without their consent is prohibited. This includes (but is not limited to) pictures, videos, audio recordings, or any other capture method. Family Wellness or Family Wellness approved parties reserve the right to capture images, videos, audio recordings, or any other method of capture to be used for any purpose. Family Wellness will make any reasonable attempt to receive written or verbal consent of any clearly identifiable persons directly or indirectly included in the capture process.