



## **Wheaton Headquarters Gym Use Agreement**

Use of the gym is a privilege. You do not have the right to abuse the room or the equipment, leave the room in a mess, or act abusively toward other employees.

Gym users will:

1. Sign in when entering the room.
2. Wear appropriate clothing and shoes. Shirts are required and shoes must be rubber soled. No work boots or any other hard soled shoes may be worn.
3. Perform all exercises in a safe and appropriate manner.
4. Return all weights to the racks or to their respective area on the floor.
5. Remove all weights from the bars and return all bars to the bar rack. Do not leave bars benches.
6. Keep all benches and bars away from travel paths and exit doors.
7. Keep doors closed at all times.
8. Use collars on bars at all times.

9. Do not toss, drop or bounce weights.
10. Clean off equipment after each use.
11. Use of profanity is prohibited.
12. When moving to a different workstation, take your personal belongings with you.
13. All personal items left in the gym will be thrown away

**By signing below, I understand use of the gym is restricted to employees of M-NCPPC and Montgomery County Government who have signed this agreement.**

**I understand the use of the gym is at my own risk. Violation of the rules could result in suspension or revocation of gym privileges.**

Print Name \_\_\_\_\_ Sign \_\_\_\_\_ Date \_\_\_\_\_

Email address \_\_\_\_\_

**Please return the signed agreement to [WHQAccessReuest@mncppc-mc.org](mailto:WHQAccessReuest@mncppc-mc.org) before accessing the gym**

We will send a confirmation email when access is granted.