

Community Hospital of the Monterey Peninsula Employee Gym

Terms and Conditions

Equipment Usage

- Wipe down all equipment after use with disinfectant wipes.
- Do not allow machine plates to slam down. Perform controlled reps only.
- There is a **20 minute** time limit on individual cardiovascular machines during busy times.
- Please report equipment concerns and/or failures to Wellness and Health.
- Once the failure has been reported, place an "out of order" tag on the machine.

Dress Code

- Athletic shoes and clothing that covers the entire stomach, chest, and back must be worn at all times.
- No bare feet outside of shower room.
- Sandals, flip flops, boots, jeans, and clothing with exposed buttons, belts or hardware (zippers/rivets) are not permitted while using equipment.

Conduct

- In addition to this policy, all policies regarding employee conduct apply.
- Anyone using the gym is expected to behave in a polite and appropriate manner; loud and/or abusive language is not permitted.
- No gum, food, or drinks (except water in closed, plastic containers).
- Personal training for monetary gain is not permitted.
- Use of equipment while under the influence of drugs or alcohol is prohibited.
- Personal audio equipment must be used with headphones.
- Property of the employee gym shall not be removed for any reason.
- Complaints regarding threatening behavior should be reported directly to Security.
- Complaints regarding an employee's conduct will be referred to the employee's director.

Locker & Shower Rooms

- Lockers may only be used during workout sessions and must be emptied at the end of each workout.
- The hospital is not responsible for any lost or damaged personal property and reserves the right to inspect all lockers, as well as to remove locks left on any locker. Any property left in a locker will be disposed of without notice.
- Changing into exercise attire must be done in the shower room.
- Shower time should be limited to no more than **10 minutes**.
- Anyone using the shower rooms is responsible for providing their own towel and toiletry items.

Emergencies

- A phone is available for activating an emergency response or for contacting Security. In the event of an emergency, dial 1-1-1-1 to notify the hospital operator immediately.

Parking

- Employees should adhere to parking regulations established by Security. Please refer to the Parking Policy HR-1202.