

Welcome to the Milan Seniors for Healthy Living Exercise Room

This facility has been made possible by Milan Seniors for Healthy Living and the City of Milan

Hours of Operation

Monday – Friday

8:00 a.m. – 3:00 p.m.

Usage Policy

- 1. Any member of MSHL 50+ years of age or employee of MSHL or the City of Milan is welcome to use this facility.**

A current medical consent form for all users must be on file in the MSHL office.

- 2. There is a daily sign-in sheet located at welcome center. Please sign in and out with your name and time on every visit.**

IX. MSHL Exercise Room Usage Policy

Usage Policy for **MSHL's Exercise Room**

Eligibility:

1. Be a member of Milan Seniors for Healthy Living; or employee of MSHL; or employee of the City of Milan.
2. Have a current medical release form on file in MSHL's office.
3. Have a signed usage policy form on file in MSHL's office.

Rules for use:

1. All equipment has been treated with a long term disinfectant but for the courtesy of all users, please wipe equipment after each use.
2. It is mandatory to sign in each time you use the facility.
3. Shirts and shoes must be worn at all times.
4. No food or drinks allowed (water bottles are permitted).
5. Please observe a 30 minute maximum for use of all machines during high usage periods.
6. External music may be used if all in the room can agree on music, and it can be played at "conversational level" volume.
7. Please clean and pick up after yourselves.
8. Follow safe lifting techniques.
9. All equipment must remain in the fitness room.
10. Only those who are eligible to use this fitness room may be in the room.
11. The Exercise Room is unstaffed. If you have a question or concern please report it to MSHL's office.
12. Fitness Center participants with open wounds or infectious skin diseases are required to cover affected areas at all times.
13. Follow all instructions regarding proper use of equipment. Equipment may only be used for its intended purpose. If in doubt on equipment usage, schedule an orientation session.
14. BE SAFE, GET HEALTHY & HAVE FUN.

Any misuse of the center may result in permanent suspension of privileges.

Lost and Found:

Items found will be turned into MSHL's office and held for a minimum of 30 days for recovery by owner and then disposed of at/ by MSHL's discretion.

I have read, understand, and will comply with the policies stated herein.

Participant signature

Date