



FITNESS ROOM RULES

1. FITNESS CENTER IS FOR EMPLOYEES ONLY

2. The Fitness Center will be used at the employees own risk. The Tulalip Tribes Administration Fitness Center is not responsible for injury caused by improper use of equipment, improper technique, horseplay or misconduct.
3. Employees will refrain from horseplay or conduct which may result in injury or discomfort to themselves or others
4. Food and or drinks are not allowed in the center, with the exception of sports drinks and water.
5. Proper workout attire is required, shirts, shorts, sweatpants and shoes.
6. All equipment must be returned to proper location after use.
7. Equipment must be wiped down or sanitized by the employee after each use
8. Please do not slam weights onto the floor
9. No smoking within the Fitness Center
10. Lockers are for daily use and will be emptied daily. All valuables should be secured to avoid loss. **Fitness Center not responsible for loss of unsecured items.**
11. Employees are required to wear shower shoes in the locker room and shower areas
12. Employees must clean up after themselves.
13. The Fitness Center hours will be from 5:30 am to 6:00pm
14. Report any problems to Dana Posey @ 360-716-5115