

## Lenape Wellness & Fitness Center Policies and Procedures

### **ALL MEMBERS UTILIZE EQUIPMENT AND FACILITIES AT THEIR OWN RISK.**

*Be aware of personal fitness limits. Use of the equipment & exercise may be strenuous. Exercise at your own level & pace.*

- 1) Lenape Wellness & Fitness Center is open from 8am to 5 pm Monday-Friday.
- 2) Turn on all lights and make sure all equipment is working properly. (cardio machines)
- 3) Make sure towels are clean and folded.
- 4) All users must complete all the paperwork.
- 5) All Delaware or Cherokee card holders are Free. Other Tribal is \$10 and Non-tribal is \$20 a month or \$2 a visit.
- 6) Only registered adult community members are permitted to use the facilities. Minors above the age of 12 are allowed to use the facilities as long as they are registered and accompanied by an adult at all times.
- 7) Personal items, including any type of bags, jackets and purses are not allowed in the workout areas. Lockers are provided inside the restrooms. Bring your own lock.
- 8) The Delaware Tribe is not responsible for any lost, stolen, or damaged personal items. Any lost and found items will be held in the Directors office for one week. After this time the items will be donated to charity.
- 9) To ensure safety and hygiene, proper attire must be worn at all times. Appropriate, well-fitting fitness clothing inclusive of shirt or top and shorts or pants. Appropriate gym footwear such as athletic shoes must be worn at all times. No sandals, high heels, work boots, flip flops, bare feet, etc. No baggie jeans or pants, skirts, dresses, suits, or cut-off shorts are allowed. Weight gloves and wrist straps are allowed.
- 10) Profanity, loud and suggestive language are prohibited.
- 11) Sexual harassment will not be tolerated.
- 12) Report any injury or equipment problem immediately to the staff.
- 13) Ask for staff for assistance or demonstrations in machine usage.
- 14) Safety clips are mandatory while on treadmills.
- 15) The use of a spotter is highly recommended.
- 16) Be considerate to others- do not sit and socialize on equipment. Share equipment and allow other to set in. When the center is crowded, please limit time on the cardio machines to 30 minutes. Do not monopolize more than one piece of equipment, barbell, or set of dumbbells.
- 17) Slamming, dropping, or bouncing weights is prohibited.
- 18) Dumbbells should not be removed from free weight area.
- 19) Members shall pay for any loss or damage to property for which they or their guest are responsible. No property shall be lent to member or guest or any other person. No property



or furniture shall be moved from Wellness & Fitness Center without approval from the director or person assigned by them.

20) Policy violations will be reviewed by staff. Appropriate disciplinary actions, including verbal warning, removal from the facilities, restricted use of facilities and loss of membership privileges, will be administered accordingly.

21) Any complaints regarding the conduct of the staff or a member should be reported directly to the Delaware Tribe Director in writing.

Wellness & Fitness Director  
Cody Blackmon

