



## Safe Lifter Program Training Guidelines and Standard Operating Procedures

Member Name: \_\_\_\_\_ Trainer Name: \_\_\_\_\_ Date Completed: \_\_\_\_\_

Completed Training In: 1 2 3 4 sessions – Additional # of Sessions Required \_\_\_\_\_

### Fitness Center Rules & Regulations (see pages 3 & 4)

- ☐ Review rules with the safe lifter.
- ☐ Issue the Orientation Training Guidelines' copies of the rules and regulations.

### Safe use of line of strength, cardio equipment and free weights

- ☐ Teach the safe lifter how to properly adjust each piece of equipment (utilize options and programs on cardio machine consoles, adjust for elevation, speed, etc.)
- ☐ Develop a personal routine for the applicant based on goals, intentions, and sport-specific needs
- ☐ Teach the applicant how to safely use the safety pegs on benches, Kinesis modules, etc.
- ☐ Equipment must be used with care (no dropping of kettlebells or weights, equipment misuse, equipment is not to be moved around the facilities, stereo systems are for authorized personnel only).
- ☐ Determine proper intensity, duration and cycling of workouts.
- ☐ Review gym etiquette, "working in" sets and review the Fitness Center Rules sign posted at the entrance of got Outdoor Pavilion and Indoor Fitness Center.

### Safe use of functional fitness training equipment

- ☐ Teach the applicant how to use each type of equipment: TRX, Kettlebells, ropes, punching bag, Physioballs, medicine balls, etc. if appropriate for the applicant
- ☐ Teach the applicant about and determine proper intensity, duration and cycling of workouts
- ☐ Determine which equipment is safe to use based on the size, body type, and coordination of the applicant
- ☐ Safe use examples:
  - ☐ Do not go faster than you can control
  - ☐ You may only have one person on the equipment at a time
- ☐ Include options for mat work/weight bearing, balance, agility and flexibility work where applicable

### Safe use of Kinesis Equipment (see notes)

- ☐ Explain the studio rules and regulations (trainers with clients have priority, proper mat placement on floor)
- ☐ Teach the applicant how to use each Kinesis module with appropriate weight variations
- ☐ Teach the applicant how to use the monitor with exercise program samples

### Facilities Etiquette (Pilates/Kinesis, Fitness Center/Outdoor Pavilion, and Group Exercise Classes)

- ☐ Be mindful of your surroundings: no pushing, running, no cell phone usage, socializing, etc.
- ☐ Use appropriate language and keep voice at a moderate volume
- ☐ Wear appropriate clothing (top and bottoms) and closed toe athletic shoes are always required
- ☐ Pick after yourself: put away weights and any other equipment you use back to the appropriate area (Outdoor Pavilion, Indoor Fitness Center, Pool Deck, Studios)
- ☐ Use a towel to wipe your sweat as well as after using equipment
- ☐ Use sanitation wipes located throughout the work out areas and studio and sanitize each piece of equipment used
- ☐ Small items such as keys or sunglasses can be stored in lockers across from the Trainers' Desk area
- ☐ All other medium/large belongings (especially valuables) should be kept in daily/permanent lockers (see notes)

## Fitness and Weight Training Education

\_\_\_\_ While weight lifting is generally beneficial; there are types of weight lifting that should be avoided by those that have not reached full physical maturity and those with certain health conditions. Heavy weightlifting, i.e. maximizing the weight one can lift for less than 7 repetitions per set, should be avoided by young weight lifters who have not reached full physical maturity.

**Additional Trainer's Notes:**

[illegible]

**I understand and agree to follow the above guidelines as demonstrated by the Somatics Trainer. I will follow the safety practices and etiquette policies of the Fitness and Mind & Body Centers.**

**Applicant's Full Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Parent/Guardian's Full Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

**Somatics Trainer's Full Name:**

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

## **Fitness Center Rules & Regulations**

**For the enjoyment of all members and guests, please respect the following guidelines as listed below:**

- Access to the Fitness Center, Outdoor Pavilion, Group Classes and Studios is open to members and guests ages 16 and older as well as 14 and 15 year old teens who have completed their Safe Lifter Program.
- All activities at the Club require advanced reservations.
- Masks are required at all times.
- Proper fitness attire including top, bottom and closed-toe shoes is always required.
- Please wipe, clean and sanitize equipment after every use by using the sanitation wipes located in each area.
- Turn all cell phones to silent. All conversations must be taken outside the building.
- Please no social gathering within the Club.
- The Club is not responsible for lost clothing and valuables. Please use permanent or daily lockers downstairs for storage.
- At the end of your reservation please exit the building promptly via the turnstile gate located by the Outdoor Pavilion or exit gate outside the Group Exercise studio.

Please read additional policies specific to each area:

### **OUTDOOR PAVILION & INDOOR FITNESS CENTER POLICIES**

- Training sessions and classes have priority on the equipment and floor space.
- Personal workouts are available on a space-available basis.
- These are active workout areas and not conducive for meditation; expect music playing (Indoor Fitness Center) and use of punching bag.
- For your safety, use of TRX and Kettlebells requires proper training with a Somatic Trainer. If you have not been cleared by your trainer to use any of these equipment, please schedule an appointment with the Director of Wellness.
- Please limit time on each piece of equipment to 20 minutes when others are waiting.
- Communicate with others and prepare to be flexible in your workout routine.
- Pick-up towels, cups and put away all items used during your personal workout. If you are unsure where an item is stored, please ask a staff member for assistance.
- All equipment is to remain in the room for the benefit of all members, guests and trainers.
- Please keep all conversations to a low volume.

### **KINESIS/PILATES STUDIO POLICIES**

- Training sessions and classes have priority on the equipment and floor space.
- The Studio may be closed for member use when a group Kinesis and/or Reformer class is in session.
- Proper training is required to use the Kinesis and Pilates equipment by a Somatic Trainer or Pilates certification program.
- Personal workouts are available on a space-available basis. Trainers may correct improper or unsafe use of the equipment.
- Please remove your shoes when using the Pilates Reformers and Cadillac/Trapeze Tables.
- All equipment is to remain in the room for the benefit of all members, guests and trainers.
- Do not remove equipment from studios. Each studio is properly equipped.
- Please limit time on each piece of equipment (Kinesis, Reformer or Trapeze table) to 20 minutes when others are waiting.
- Clean and sanitize the equipment after your workout by using the sanitation wipes.
- Communicate with others and prepare to be flexible in your workout routine.
- Pick-up towels, cups and put away all items used during your personal workout. If you are unsure where an item is stored, please ask a staff member for assistance.
- This is a quiet space; please keep all conversations to a low volume.

### **GROUP EXERCISE CLASSES & STUDIO POLICIES**

- Appropriate clothing is required. Athletic footwear is required for many classes. Please, no black-soled or heeled shoes. Dance movement classes including Dance Fitness and ZUMBA® require dance sneakers or low tread athletic shoes.
- Street shoes are not allowed in the studio. Wipe off your shoes when entering every studio.
- Street shoes may be placed inside the shelves outside the Group Exercise Studio.

- Late arrival to class is inappropriate and unsafe; acceptable only with the permission of the instructor. If permitted to join a class once it has begun, please do it quietly and avoid any disruptions in the class.
- Intermediate and advanced classes require previous experience in the particular discipline.
- If new to a class, please arrive a few minutes earlier and inform instructor especially if needing assistance with equipment set up such as a stationary bike.
- Please keep conversations in waiting area quiet at all times.
- As a student in class, instructors are responsible for your experience and safety. Please pay attention to the instructor and avoid conversations in class.
- Training sessions and group classes have priority on the equipment.
- Studios are not available for member/guest use unless there's a scheduled class or private training session.
- Temperature controls and music volumes are set by the instructor only.
- Glass is never allowed on the pool deck. Please bring a different type of water bottle such as plastic, aluminum or bottles. No food or other beverages except water are allowed in the studios.
- Please leave all equipment in the classrooms as each studio has designated equipment. After each class, take the time to put equipment away.
- Pick-up towels, cups and put away all items used during your personal workout. If you are unsure where an item is stored, please ask a staff member for assistance.

For any concerns please see Manager on Duty for assistance. We wish you a safe and great workout!