

First Baptist Church Pleasant Grove, AL
Chandler Family Life Center
Policies and Procedures (Abridged)

Welcome to the Chandler Family Life Center

We ask that you take the time to read and understand all of the Policies & Procedures for this facility. Remember this is a (church) Christian Facility not a regular gym.

INDIVIDUALS NOT ADHERING TO THE POLICIES AND PROCEEDURES OF THE CHANDLER FAMILY LIFE CENTER MAY BE ASKED TO LEAVE THE FACILITY. MANAGEMENT RESERVES THE RIGHT TO REVOKE THE MEMBERSHIP OF ANYONE WHO VIOLATES THE RULES.

But those who TRUST in the LORD will FIND new STRENGTH. They will SOAR high on wings like EAGLES. They will RUN and not grow WEARY. They will WALK and NOT FAINT. Isaiah 40:31 NLT

Hours of Operation

Monday – Friday 5:30 AM – 9:00 PM

Wednesdays – we will close for Worship Service 6:00 PM – 7:00 PM and reopen 7:00 PM until 9:00 PM

Saturday 8:00 AM – Noon

Check In Policy

Applicants will be issued a Membership Key Tag/Membership Number. You **must** use your Membership Key Tag or Membership Number for admittance into the Chandler Family Life Center. The Control Center Personnel may ask for your Driver's License or another form of picture ID periodically. **Key Tags/Numbers may not be shared.** Anyone found using someone else's Key Tag or Membership Number will be asked to leave the facility and temporarily suspend your membership. (A meeting with the Chandler Family Life Center Director will be needed to regain access into the facility). This Membership Key Tag or Membership Number **must** be presented to the Control Center Personnel each time you enter/exit the facility if you do not have your Membership Tag or Membership Number you will not be able to enter the facility. A replacement fee in the amount of \$2.00 shall be charged for a new Key Tag. **ALL** participants are required to enter and exit through the main front doors and be scanned in/out with the CFLC Key Tag at the Control Center.

Membership Fee

A usage fee for Non-Church Members shall be collected monthly, quarterly or yearly at the Control Center (cash, check, credit/debit cards are accepted). Failure to make your Membership Fee will result in temporary suspension to the facility (updating Membership Fees will regain access to the facility).

These fees are:

- Senior Adult Rate (55 and older) - Monthly \$5, Quarterly (3 months) \$15, Yearly \$60
- Adults 54 to 14 - Monthly \$10, Quarterly (3 months) \$30, Yearly \$120

Children Age 14

Children age 14 can only walk on the walking track with a parent/guardian present, they are **not permitted** on the weight equipment or cardio equipment. They are required to have a Membership Key Tag and pay the membership fee (\$10 monthly).

Children Age 13-and Younger are **not permitted** upstairs and must be accompanied by a parent/guardian at all times while in the facility. If a parent/guardian is not present the child will be asked to call a parent/guardian to come get them. **(This is for their safety)**

A fee will not be required for children and teenagers who are involved in organized activities sponsored by the Chandler Family Life Center Activities Ministry (ie.Upward). Children and teenagers (18 and younger) using the CFLC at times other than the organized activity (i.e.: personal coaching) who are non-members shall be required to join the gym. (\$10 monthly). NOTE: Children 17 and younger must have a working phone number for an Adult or Guardian.

Workout Apparel and Behavior

Appropriate clothing is to be worn at all time. Men are required to wear shirts (no muscle shirts) and pants/shorts that are fitted at the waist (no sagging below the bottom. You will be asked to pull them up). If shorts are worn, please make sure they are long. Ladies are not to wear sports bra's as a shirt, tops that show midriff (ladies remember to dress modestly) or short-shorts (shorts must be long). Any print or writing on clothing must be appropriate (nothing advertising drinking, drugs, firearms, curse words, etc....). Dry, closed-top athletic shoes are required. No dress shoes or boots are permitted.

Attitude & Conduct

Foul language, unsportsmanlike conduct or disrespectful **attitudes** will not be tolerated at any time by anyone. (i.e.: Toward CFLC Employees or other Gym Members) **Minors 15 to 18 must have a working phone number for a Parent or Guardian on file. This is for their safety.** If number on file is out of service or not working the minor will be asked to call the Parent or Guardian. We will then explain why the minor is asked to leave the facility. Any Gym member may be asked to leave the facility until he or she can act in a Godly manner.

Proper Hygiene Required

Wear clean clothes while working out. Inappropriate body odor is offensive.

Lockers and Dressing Rooms

Combination locks for lockers may be checked out from the Control Center and may be used for daily use only. No unassigned locker may remain locked overnight unless approved by the CFLC Director. Participants should not leave items unsecured and/or unattended in a locker. The CFLC is not responsible for the result of such negligence.

Game Room

No Food or Drinks are permitted around the Ping Pong Tables, Foosball Table, and Gaming Stations. All unattended drinks and food will be discarded. You are responsible for cleaning up after yourself. Game Room equipment may be checked out at the Chandler Family Life Center Control Center Desk. Return all equipment checked out to the Control Center Desk.

Gymnasium

Programmed activities will be given priority over free play. Only tennis/basketball shoes will be allowed on the gym floor while playing. **Shirts must be worn at all times.** Only Chandler Family Life Center basketballs/volleyballs can be used on the gym floor. The equipment room will remain locked at all time. Please see the Control Center to check-out equipment. Basketball and volleyballs should never be kicked. **Do NOT** hang from the Basketball goals. Dunking basketballs on the lowered goals will not be tolerated. No items should be thrown from the gym floor to the walking track. No food drinks or gum is allowed in the gym. Gym equipment, goals, volleyball equipment, scoreboard, etc. will be set up and operated by qualified CFLC personnel only. **No Full Court Basketball Games** only 4 people per Basketball Goal (Unless it is an Upward or Church Activity).

Walking Track

Children thirteen and younger are not allowed on the track (this is for their safety). Children age fourteen may use the track with adult supervision (they are not permitted on the Cardio or Weight Equipment). Fifteen year olds and above may use all equipment but will need to have a valid Membership Key Tag.

16 laps equal one mile. Lap counter are available at the Control Center. Sitting or leaning on the rail is prohibited. Strollers and wheelchairs are not allowed on the track. Athletic equipment is not allowed on the track. Anyone shooting at the baskets from the track will not be tolerated. No running/racing/jogging is allowed on the track. Treadmills are available or you may run on the Basketball Court. Please follow the daily directional signs. Food and drinks are not allowed on the track except for capped water containers.

Cardiovascular Area

All users must participate in a Cardiovascular Orientation Class (onetime fee of \$5) prior to using the equipment. Only fifteen year olds and above may use the equipment with a valid Membership Key Tag. Misuse of equipment or horse playing on equipment will lead to severe restrictions. **Observers/Guest** is not allowed in the Cardiovascular Area. Shirts must be worn at all times (follow the Apparel Policy). Time on the equipment is limited to 30 minutes.). You are required to use disinfectant wipes that are provided to wipe off equipment after each use. Food and drinks are not allowed in the Cardiovascular Area except for capped water containers.

Weight Room

All users must participate in a Weight Room Orientation Class prior to using the equipment (onetime fee of \$5). Only fifteen year olds and above may use the equipment with a valid Membership Key Tag. Younger children are not allowed in the weight room. **Observers/Guest** is not allowed in the Weight Room. Misuse of equipment or horse playing on equipment will lead to severe restrictions. Shirts must be worn at all times. Bike pants are recommended under loose fitting shorts (follow the Apparel Policy). You are required to use disinfectant wipes that are provided to wipe off equipment after each use. Food and drinks are not allowed in the weight room except for capped water containers.

Lost and Found

Lost and Found is located at the Control Center. Clothing will be placed on the benches by the front door. Items will be kept only two weeks before being given to a charity group. Participants are encouraged to put their name on all personal items such as warm-ups, shoes, equipment bags, shirts, towels, etc. Do not leave items unattended. The Chandler Family Life Center or First Baptist Church Pleasant Grove is not responsible for lost/stolen items.

Liability

The use of the CFLC facilities and all equipment will be at the risk of all participants. First Baptist Church does not assume liability or responsibility for any participant. First Baptist Church does not make any expressed or implied warranty of the premises, equipment, machinery, fixtures or furniture.

Policies & Procedures

I have read the following Policies and Procedures and accept all terms and conditions for the use of the Chandler Family Center at First Baptist Church Pleasant Grove

Name _____

Date _____

The office use: Orientation Instruction _____

Control Center Employee/Volunteer _____

Key Tag Number _____