

GOLF CHANNEL

FITNESS ROOM RULES AND POLICIES

1. Access is open to all Golf Channel employees and may be obtained after completing the “Consent Release and Waiver of Claims” form available on the Golf Channel Intranet. Completed forms must be returned to Human Resources for processing and identification card activation.
2. Employees must use their Golf Channel identification card to enter the facility. Employees will not grant access to unauthorized individuals.
3. Employees are required to provide their own towels for use in the Fitness Center workout areas and bathrooms for both personal hygiene and the hygiene of others. Employees are required to use their towels to wipe down cardiovascular, weight circuit, and free weight equipment immediately after each use.
4. The Fitness Center is available 24 hours a day, 7 days a week.
5. Employees who participate in the Fitness Center will be doing so at their own risk. Golf Channel is not responsible for any injury that may occur to individuals participating in any exercise activity. Participation in exercise activity is on a voluntary basis. Consult your physician before beginning any exercise program. If you experience any of the following symptoms while using the Fitness Center or if you feel you need any medical assistance, STOP exercising immediately and call x4599 or x9911: tightness or pain in chest, breathlessness/cannot speak, lightheadedness or dizziness, loss of muscular control, nausea or vomiting, uncomfortable muscle or joint pain.
6. The Fitness Center is monitored by a security camera at all times. Note that there are NO cameras in the Men’s or Women’s locker rooms for privacy reasons. Use caution when walking in this area.
7. The Fitness Center is equipped with a telephone in case of injury. If an injured person is able, they should call x9911 for immediate assistance and/or Security at x4599, who will call 911 as appropriate.
8. If you witness another person’s injury, call x9911 and/or Security at x4599 to notify them that someone has been injured. **DO NOT ATTEMPT TO MOVE THE INJURED PERSON.**
9. The Fitness Center is equipped with separate male and female locker rooms. You are discouraged from bringing items of value into the Fitness Center, and do so at your own risk. Please bring your own lock. Golf Channel is not responsible for any personal items missing, stolen or lost while using the Fitness Center. Please make sure you take your lock and belongings with you after your workout. Security will cut off locks and confiscate items that are left in the lockers after use.
10. Food is not permitted within any portion of the facility. No gum is allowed.
11. Attire:
 - Proper freshly laundered athletic attire must be worn at all times. Clothing must not be torn or contain rivets, hooks, studs or zippers.
 - Closed-toe athletic shoes must be worn at all times.
 - Sandals, flip-flops, aqua shoes, open toed or open-backed shoes or bare or stockinged feet are not permitted.
 - T-shirts or shirts which cover chest and back must be worn. Tank tops are not allowed.
 - No jeans or jean shorts allowed.
 - The use of shower footwear is recommended in the locker room areas.
12. Water, Gatorade or sports drinks are permitted provided they are in a sealable, plastic container.
13. Radios and tape or CD players are not permitted unless they are personal units (such as an “IPOD”) equipped with headphones.
14. Smoking and tobacco products are not permitted in the Fitness Center
15. All employees are required to wipe down cardio and weight room equipment after each use. Anti-bacterial wipes are provided in the Fitness Center.
16. Weight Area Etiquette:
 - Use of chalk is not permitted.
 - Other members must be allowed to “work in” between sets.

- Return weights to the tree or rack.
- Weights may not be set against the wall, mirror, benches or other equipment.
- Weights or dumbbells may not be dropped on the floor or benches.

17. Cardiovascular Area Etiquette:

- During busy times or whenever someone is waiting for a machine, observe the 30-minute time limit on all cardiovascular equipment.
- Wipe down equipment after each use

18. Golf Channel reserves the right to refuse admission to the Fitness Center to any employee who violates any rule or regulation, or engages in any verbal and/or physical abuse of members.

19. Any formal problems, questions, or concerns regarding Golf Channel Fitness Center should be submitted via e-mail to KGilroy@GolfChannel.com. Please clearly indicate the issue being addressed, and be sure to include your name and phone number. All e-mails will be carefully reviewed.

I have read and received a copy of this document.

Printed Name

Signature

Date