

# Unstaffed Fitness Center Rules



# Badge access

- Fill out Great Lakes Unstaffed Fitness Center User Application form to be given access. Note: This process may take up to 2 weeks before your access is granted.
- Only Dow employees may use the facility.
- Badge in and out of the facility every time.
- Do NOT use anyone else's badge to access the facility.
- Each member must badge in/out. (No “piggybacking”)



# Equipment use

- Operate equipment only as it was intended to be used.
- Limit use of equipment to 30 minutes if others are waiting.
- Put away your equipment when you are done using it.
- Wipe down equipment after every use.



# Facility use

- Follow all other company guidelines when using the facility.
- Maintain a current Health History Questionnaire.
- Do not leave belongings in lockers over night.
- Return all used towels to the laundry bin for cleaning.
- Respect others in the facility.
  - Use headphones if listening to music.
  - No excessive weight slamming.



# Maintenance reporting

- Report any issues with the equipment or facility to Bruce Reed.
  - [Bruce.reed@dow.com](mailto:Bruce.reed@dow.com)
  - (989)513-1673

