

# *The Sentinel of Landmark*

## Exercise Facility Rules and Regulations

### **Introduction**

The Exercise Facility is located on the lobby level across from the Management Office. The facility includes an exercise room with multi-use equipment and is open to men and women. Separate saunas, showers and dressing areas for men and women are also provided.

In these rules, the term exercise “room” refers only to the common room; the term exercise “facility” refers to both the exercise room and the separate areas.

### **Hours of Operation**

The exercise facility is open on a 24-hour basis.

### **Eligibility**

1. The facility is open to all adults (18 years or older) of the Sentinel.
2. The facility is also open to individuals under 18 under the following conditions:

Ages 16 – 17: Permitted to use the facility unescorted provided a parent or legal guardian signs an authorization from (available at the Management Office). The parent or legal guardian assumes all responsibility for the individual. Management will issue a card, to be renewed yearly, which the individual must bring to the facility and must produce upon request.

Ages 12 – 15: Permitted to use the facility only when an adult who is specifically responsible for the individual is physically present in the facility.

Children under the age of 12 are prohibited from being in the facility except to use the restroom under circumstance described in Rules 19 and 20 (below).

### **Authorized**

3. Adult residents may permit guest to use the facility. Residents are responsible for the conduct of their guest.
4. There shall be a two-guest limit per unit.

5. Individuals under age 18 may not sponsor guests.
6. Guests must relinquish use of the equipment to residents upon request.

### **General Responsibility and Conduct**

7. Residents and their guest assume all risk and expressly agree that the Sentinel Unit Owners Association shall not be held liable for any injury which may occur.
8. Men and women are prohibited from entering each other's sauna/shower/dressing areas
9. Proper exercise attire is required. Shirts and shoes are to be worn at all times in the exercise room.
10. All are asked to be considerate of others when using radios or tape players. Anyone using a radio or tape player without personal earphones must turn the volume down or shut it off upon request of anyone present that may make such a request.
11. All are asked to bring towels to wipe perspiration from equipment after use.
12. Equipment use is determined solely by the queue of those waiting to use it.
13. Use of specific station is not to exceed 30 minutes if someone is waiting to use it.

### **Prohibited Items and Activities**

14. No smoking.
15. No food or beverage other than water.
16. No misuse of equipment or "horseplay." Damage done to the facility will be charged to the person(s) responsible.
17. No wet clothing (e.g. swimwear) while using the equipment.
18. No spitting in the exercise room.

### **Restrooms Excepted**

19. Restrooms may be used by residents of all ages and their guests in connection with use of the Community Room.

20. Showers may be used by residents of all ages and their guests in connection with use of the swimming pool area.

21. Pool patrons are to access the restrooms and showers by the patio only. Community Room patrons may access the restrooms via the exercise room.

### **Penalties**

The Board of Directors reserves the right to suspend indefinitely the privileges of any person who fails to comply with these rules and regulations.