

EMERGENCY & SAFETY

• FIRE •

There are 14 fire extinguishers located throughout the building.

All are used basically the same way

- P-Point Nozzle & pull pin
- A-Aim nozzle at base of fire
- S-Squeeze Trigger
- S-Sweep at base of flames from side to side

EXIT out nearest exit & meet at the statue in front of building.

Fire pull stations are at each EXIT

• SEVERE WEATHER •

In case of severe weather, there will be announcements made overhead to make your way into the locker rooms.

Winter Weather alerts/closings will be on Facebook & email. A minimum of 30 minutes notice will be given to members prior to a closing.

• AED & FIRST AID •

Location 1: By Stretch Area on main level.

Location 2: Upstairs outside Group Exercise Studios

Location 3: Aquatics area next to counter

Code Blue is announced for Medical Emergency that could be life threatening. We conduct Code Blue Drills twice a year.

• EMERGENCY PHONES •

These phones are tan in color and labeled Emergency Phone.

These phones ring straight to the front desk.

Location: There are two in the Aquatics Area

Location: One in each of the Men's & Women's Locker rooms.

Location: There are two on the walking track

Location: One in basketball gym

• SAFETY •

- Wiping down equipment can help prevent the spread of germs.
- We have disinfecting wipes at several locations in the building
- Place equipment back in it's proper place.
- Keep gym & personal bags in a locker, not on the fitness or gym floor.
- To avoid dehydration, drink plenty of water before, during & after exercise.
- Eat/drink carbohydrates & protein before exercising to prevent your blood sugar from dropping.
- Inform front desk if equipment is broken or not working properly.
- Avoid injuries by wearing proper foot wear while working out and in the aquatics area.

