

FITNESS CENTER

POLICIES, RULES & PROCEDURES

The Fitness Area Rules and Regulations (the "Rules") are implemented in all locations with a fitness area. Some of the locations may have additional restrictions that will be provided or posted at the facility. These Rules apply to all associates with access to the fitness areas. If any "member" (fitness room access) abuses any or violates any of the below Rules, the administrators of the fitness area reserve the right to revoke the "membership" (access) immediately.

Access Information:

- Facility access is permitted based on a current Fitness Area access status. Expired access will not allow you to use the facility at any time. Must re-sign access forms to gain access to area again.
- Associates/member that want access must be 18 years or older in order to access and use the facility. No Exceptions.
- Associates/member must scan an Active Honda campus badge at the entrance door to enter area.
- Associates/member with a badge with area access will get access to that area only. Tailgating/Piggybacking will not be permitted.
- No guests are permitted.
- In case of emergency, DIAL 911 from any phone, or press the emergency call button in the fitness area.

Fitness Room Rules:

- Proper workout attire must be worn at all times. (see below for Facility Attire Policy)
- Associates/member are responsible for cleaning and replacing all equipment after each use.
- Do not throw or drop weight room equipment including weights and dumbbells.
- After using any of the equipment, clean all machines using the spray bottle or cleaning wipes provided by the facility.
- Threatening, profane, or offensive language, harassment, physical altercations, or aggressive conduct toward members or staff will not be tolerated.
- FOOD or DRINK (except water) are not permitted in fitness area.

Facility Attire Policy

To maintain a comfortable and respectful environment for all members, we ask that everyone follow our facility attire guidelines. Proper attire must be worn at all times. Shirts and shoes are required.

Appropriate attire includes:

- *Shorts/Pants*
- *Sweatpants/Leggings*
- *T-shirts*
- *Tank tops*
- *Sneakers*

The following footwear is not permitted in the weight room or while using aerobic equipment:

- *Open toed sandals*
- *Dress shoes*
- *Work boots/Steel toe shoes/boots*

*A shirt or tank top must be worn over a sports bra at all times. Sports bras worn without a shirt or tank top are not permitted.

This policy helps ensure consistency in appearance standards and supports a positive experience for all participants. Thank you for your cooperation and understanding.

