

Old Farm Lake Community Association, Inc.

Exercise Room Rules and Regulations

Before undertaking any exercise program, consult with your physician. You will be exercising at your own risk. The Old Farm Lake Community Association, Inc. cannot be responsible for accidents or injuries related in any manner to the use of the exercise room facilities.

Caution is urged so that you do not overexert yourself, and it is strongly recommended that you exercise with a friend. A “spotter” can make sure the equipment is used safely, detect fatigue, and summon help in the event of an accident.

It is also strongly recommended that you do not use the sauna or take a hot shower for at least one hour following any exercise activity.

The following rules must be observed at all times:

1. The exercise room is for use by residents and their invited guests only. Invited guests may not use the exercise room unless accompanied at all times by a parent, guardian, legal custodian, or someone 18 years of age or older who is authorized by a parent, guardian or legal custodian to supervise each resident or guest.
2. For health and safety reasons, no resident or guest under the age of 16 is permitted in the exercise room unless accompanied at all times by a parent, guardian or legal custodian to supervise such resident or guest.
3. Do not use exercise equipment without first reading all posted instructions. If you do not understand the instructions, do not use the equipment.
4. All exercise equipment must remain in place.
5. Notify the Managing Agent immediately if any equipment is found to not be working properly.
6. No food or beverages other than water are permitted in the exercise room.
7. Upon leaving the lights and all exercise equipment should be turned off.
8. The Old Farm Lake Community Association, Inc. reserves the right to prohibit the use of the exercise room by any individual failing to comply with normal precautions and posted rules.
9. A courtesy to others, all residents using the exercise room are **REQUIRED TO WEAR SHIRTS**. Your cooperation is appreciated.
10. Unit owners who are more than (1) month in arrears in their Community Association Fees or Phase Common Charges or who have leased their residence in violation of the Association’s rules and regulations are denied the use of the exercise room. This also applies to the tenants of Unit Owners who are in violation or arrears.