



Pool Hours: Monday-Friday 5:00 AM - 8:00 PM
Saturday-Sunday 5:00 AM - 5:00 PM

24/7 access to gym, track, and program room.

Staffed hours: Monday-Friday 8:00 AM-4:30PM

HCMC Wellness Center Facility Rules and Regulations

1. Use is restricted to members, and non-members who pay a day fee or register for classes. Key cards/Pin numbers are not to be shared with others not included on your membership.
2. Cards **MUST** be present or Pin # used to enter either facility **each time, even** during staffed hours.
3. Members who allow non-members or others who do not have access to the facility will be held liable and financially responsible for those people. Members also risk the loss of membership.
4. Clean, proper workout attire should be worn i.e. athletic shoes, shorts/pants, and shirt required.
5. Water bottles with clear liquids and screw-on tops are allowed. No glass, food, colored drinks, or tobacco products allowed anywhere in the facility.
6. All equipment is to be used correctly. If unsure how to use equipment, ask an HCMC staff member.
7. After a person finishes their workout, we ask that members please be courteous and wipe down the equipment and return any weights or accessories to the designated storage areas.
8. Membership **does not** include classes, special events, or products.
9. Children 16 years of age and younger must be always accompanied by a parent or guardian, including the pool. Non-swimming children must always remain within arm's reach of a responsible adult while in the pool area.
10. No horseplay. No profanity. No splashing or spitting, running on the pool deck or locker room. Excessive Public Displays of Affection is prohibited.
11. HCMC is not responsible for any personal lost or stolen items. Keep personal belongings that are not in use in the locker room.
12. Headphones or earbuds are required while listening to any audio on a mobile device.
13. No use of HCMC Therapy Department exam rooms or cutting through the department hallway.
14. No person with an obvious communicable disease, skin eruption, sore, lesions, eye – ear – nose – throat infection will be permitted to use any area of the wellness center.
15. No recording/pictures allowed.
16. Respect the space and privacy of others. No cell phone/electronic use in the locker rooms (nothing with a camera or recording device).
17. Anyone who defaces or damages the locker room, track, pool, or any part of the Wellness Center is subject to disciplinary action and will be held financially responsible.
18. Please report any inappropriate behavior to an HCMC staff member immediately.
19. When passing, pass to the right of the person and use common courtesy when crossing the track or of others using the track. **DO NOT STOP ON THE TRACK.**
20. The track has a designated direction to travel. The direction changes monthly, please only travel in the direction that is posted.
21. All swimmers are required to wear a clean, proper bathing suit (no gym shorts, bras, or underwear). All children that are not potty-trained must wear swim diapers.
22. All swimmers must shower before entering the pool. All swimmers must bring their own towels. Towels will not be provided.
23. No use of HCMC therapy pool.
24. The pool may be closed during water aerobics classes and swimming lessons depending on class sizes.
25. No lifeguard is on duty. This is a "swim-at-your-own-risk" pool facility.
26. In the case of a fecal accident the pool will be closed for cleaning and stabilization of the chemistry for 48 hours.
27. When showering: For the respect and safety of others, be quick, clean and dry off completely before leaving the shower area. Clean up after yourself and wipe down counters and other surfaces after use.
28. It is recommended to wear flip flops or water/shower shoes.

29. Parents with small children are encouraged to use the family changing area instead of the general locker room.

30. To keep lockers available for all, items cannot be stored in lockers overnight.

INCLEMENT WEATHER POLICY- Should public school cancel school due to snow, icy roads, or inclement weather we will not have any classes that day.

If unsure, please call the HCMC Wellness Center 308-754-4421 Ext. 241

Please Remember:

▶ HCMC Wellness Center is a weapon-, alcohol- and drug-free facility. Please do not bring these items on the premises.

▶ We strive to uphold a safe, clean, and enjoyable environment. As such, we expect proper, respectful conduct on the premises at all times.

▶ We do not permit disrespectful conduct towards members or employees, including but not limited to vulgar, profane, indecent, offensive, violent, hostile, aggressive, threatening, harassing, or other inappropriate conduct or language.

Waiver of Liability, Assumption of Risk, and Indemnity Agreement

WAIVER: In consideration of being permitted to participate in any way in the Howard County Medical Center Wellness

PROGRAMS: Herein, after called "Programs", I for myself, heirs, personal representatives, or assigns, DO HEARBY RELEASE, WAIVE, DISCHARGE AND COVENANT NOT TO SUE the Board of Directors of Howard County Medical Center or Howard County Medical Center Wellness Center, its officers, employees and agents for liability from any and all claims resulting in personal injury, accidents, or illness (including death) and property loss arising from, but not limited to participation in program activity.

ASSUMPTION OF RISK: Participants in the program carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. The specific risks vary from one activity to another and one participant to another.

PROGRAM ACTIVITIES: Agrees to continually maintain the equipment to be used by program activity participants. The building in with the program will be held is to be maintained by the Howard County Medical Center. **The participant signs this document knowing that they are exercising/swimming at their own risk.**

INDEMNIFICATION AND HOLD HARMLESS: I also agree to INDEMNIFY AND HOLD THE HOWARD COUNTY MEDICAL CENTER AND HCMC WELLNESS CENTER harmless from all claim actions, action, suits, procedures, cost, expenses, damages, and liabilities including attorney fees brought as a result of my involvement in the program to reimburse them for any such expenses incurred.

SEVERABILITY: The undersigned further expressly agrees that the foregoing waiver and assumption of risks agreement intended to be as broad and inclusive as is permitted by the law of the State of Nebraska and that is any portion thereof is held invalid it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

ACKNOWLEDGEMENT OF UNDERSTANDING: I have read this waiver of liability, assumption of risk and indemnity agreement, and fully understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily and intend by my signature to be a complete and unconditional release of liability to the greatest extent allowed by law.