

Gym Policies

WARNING: Climbing is dangerous! Your safety is your responsibility.

CHECK-IN: Anyone entering the gym must check in at the front desk.

AGE RESTRICTION: Due to the nature of the facility, children are not allowed to be placed anywhere within the gym. In order to ensure safety, children should stay in waiting room.

No one under the age of 14 is allowed to use the gym without supervision.

AUTHORIZATION: Only participants with authorization from the therapists may use the gym equipment.

DANGEROUS BEHAVIOR: Do not swing on the ropes. NO running, jumping off of padding or furniture, gymnastics, back flips, wrestling, etc. Unruly conduct, not following staff directions, or not following the rules of the facility will be cause for removal from the gym. The use of vulgar language or improper conduct is not permitted. Please refrain from yelling or screaming.

No crashing or dropping of weights of any kind. All dumbbells are to be kept and used over the matted area provided. Use spotters at all times. Use collars on bar bells and put away all weights when you are finished using them. Use equipment for it's intended purpose; do not play on the equipment. No dunking of the basketball permitted.

POTENTIAL HAZARDS: Immediately report any problems, concerns or potential hazards with the walls, facility, equipment, or ropes to a member of the staff. Do not use damaged equipment and report damaged equipment to front desk.

RESPECT THE SAFETY OF OTHERS: Whenever in the gym, stay alert and look out for other patients. The gym is small. Be cautious about what you are doing and what the other patients are doing i.e. the nets have some recoil. Do not perform activities requiring the net if some else is on the other side of the net. Make sure you have adequate room to avoid others working out. If you have questions about the space, please ask. Do not climb beyond the height marked.

Please keep noise level low as to not disturb patient treatments that are taking place. Do not use your mobile phone for calls whilst using the gym equipment or within the gym area itself. This is for health and safety reasons for you and other patients.

PERSONAL ITEMS: Please keep personal items out of the active climbing areas. Manual Solutions is not responsible for damaged, lost or stolen items.

WAIVER: Anyone using the Manual Solutions gym not under direct supervision of a PT or PTA must have a signed waiver on file.

FOOD/BEVERAGE: No food or drinks are allowed in the gym except for designated areas.

PROPER ATTIRE: Please be sure to dress in appropriate and modest attire for using this facility i.e. suitable, comfortable exercise clothing and footwear. Please be aware of where shoes are permitted to be worn. No footwear will be worn on the studio mats.