

## Forgotten Coast Fitness and Wellness Center

**Policy 2018.5** (Final Implementation date: 4.2.18)

### **Subject: Footwear & Apparel**

Members must wear shoes at all times in all rooms of the FCFWC including the aerobic room except as provided for in this policy. For example, shoes must be worn when working out, using free weights, using Cybex equipment, when training or participating in an exercise class, and all other activities.

Shoes are defined as footwear customarily worn or designed for gyms, working out, aerobics, running, tennis, and similar athletic footwear. Members may wear non-athletic "shoes" so long as they cover and protect the feet and are intended for walking, hiking, or working and provide stability and good traction. Footwear that is not acceptable (except when entering or leaving the facility) includes but is not limited to sandals, flip-flops, socks, stockings, or any other footwear that does not cover and provide protection for the feet and toes.

Apparel (clothing) is largely left to the discretion of members consistent with reasonable standards of appropriateness for a workout/exercise facility. Members are required to wear shirts/tops and pants/shorts/leggings/bottoms in the facility.

Classes/activities taking place in the aerobic room while using mats are exempt from the shoe policy. Shoes must always be worn in the aerobic room when using weights.

Compliance is a condition of membership and facility use.

Only the Board of Directors has authority to grant an exception to this policy. An exception requires a board quorum consensus and is only allowed on a case-by-case basis. Exceptions may be granted by the board for medical reasons.

**Oversight and Compliance:** FCFWC staff are required as a condition of employment to comply with and enforce FCFWC policies. Trainers and contractors are required to comply with FCFWC policies and alert clients and class attendees who are in violation. Board members will also provide oversight.