

## ***COA FITNESS ROOM RULES:***

1. This facility is *NOT* supervised - Use of facility is at your own risk
2. Members are responsible for knowing their own physical limitations
3. COA and Town of Millis assumes no responsibility for any injury that may occur
4. Proper footwear is expected
5. Please keep breakable objects out of Fitness Room
6. We are not responsible for lost or stolen items
7. Please report faulty or damaged equipment immediately
8. Please wipe down equipment after every use
9. Please turn off light when exiting Fitness Room

*Compliance with these guidelines ensures the safety of all members*

*Thank you*