

NSF PHYSICAL FITNESS FACILITY COMMITTEE MEMBERS:

BFA: Rick Hastings, Co-Chair (CPO)
O/D: Altie Metcalf, Co-Chair and Treasurer (OPP)
EHR: Susan Duby (GERD)

BIO: Joanne Rodewald (IAR) GEO: Richard Behnke (ATM)
ENG: Sara Nerlove (DMII) CISE: Darleen Fisher (NCR)
O/D: Mary Hanson (OLPA) MPS: Lance Haworth (DMR)
SBE: Alice Hogan (INT) IRM: Gary Scavongelli (OIRM)

At Large: Al Wilson (BFA/DGA)

NSF Liaison: Joe Burt (IRM/DAS)
NSF Union: Denise Young (BFA/DGA)
Health Unit: Robert Ingram, M.D.

NSF PHYSICAL FITNESS FACILITY: STATEMENT OF PRINCIPLES

The NSF Physical Fitness Facility is a benefit offered by the Foundation to its employees. Membership in the Fitness Facility is available to all full- and part-time NSF employees. The Foundation's management has provided the Facility with free space, including showers, lockers, and ample room for exercise equipment. In return, the Foundation relies on a Committee of volunteers to manage the Facility, and assumes that the members of the Facility will abide by the policies set by that Committee. The success of the Facility depends on the willingness of all parties to respect this implicit contract.

COMMITTEE POLICY: The primary goal of the NSF Physical Fitness Facility is to provide all NSF employees with access to the fullest possible range of opportunities for on-site exercise. Attaining this goal means balancing the needs of members with different exercise preferences (running, weight training, aerobics, etc.), while keeping the cost to members as low as possible. The Committee seeks to provide the members with an inviting exercise environment, within the limits set by space and budget. The Committee recognizes that as the use of the Facility grows, crowding can decrease each member's convenience. **A critical factor in making the Facility "user-friendly" is the willingness of the members to obey a few rules of basic courtesy (see reverse side).**

POLICY ON NSF CONTRACTOR STAFF: NSF contractor staff may apply for membership in the NSF Physical Fitness Facility. In order to prevent overcrowding of the Facility, acceptance of contractor staff into membership is dependent on space availability which will be determined by the Fitness Committee. In addition, contractor staff must have the written approval of their organization and the NSF contracting officer (who will ensure that terms of the contract governing work conditions are met and that NSF liability concerns for contractor staff using the Fitness Facility are adequately addressed by the contractor).

NSF PHYSICAL FITNESS FACILITY

RULES OF COURTESY

1. Use of the Facility is restricted to members. Guests are not permitted to use the exercise equipment or shower/locker facilities.
2. Radios, tape players, and CDs should be used with headphones.
3. **Clothes and towels should either be stored in lockers or removed at the end of each visit to the Facility.**
4. Sinks should not be used to wash out exercise clothes.
5. Showers should be kept short, especially during the crowded mid-day hours.
6. Members should wipe off exercise equipment after use.
7. Members should not drop weight stacks or dumbbells.
8. During crowded periods, use of the exercise machines is limited to 20 minutes per person. If you wish to use an exercise machine that is already in use, put your name and the time on the sign-up sheet when you are ready to begin exercising, and inform the person using the machine that you have done so. Use the time on the wall clock. After 20 minutes, the member who started on a machine first should leave their machine first. If a machine becomes available and the person at the top of the waiting list is not ready to use the machine, his or her name may be crossed off the list and the next person may use the machine.
9. Members should report items of broken exercise equipment to: Rick Hastings (rhasting) at 292-4572.
10. Members should report other repair requests directly to DAS: Tom Godbout (tgodbout) at 292-7537.