



## **FITNESS CENTER SAFETY AND MAINTENANCE CHECKLIST**

PARK NAME: \_\_\_\_\_ LOCATION: \_\_\_\_\_

INSPECTOR: \_\_\_\_\_ DATE: \_\_\_\_\_

<b>FACILITY</b>	<b>S</b>	<b>U</b>	<b>STAIRCLIMBERS/STEEPERS</b>	<b>S</b>	<b>U</b>
1. Rules and Regulations/Hours of Operations signage posted and visible to patrons			1. Tread on steps in good condition		
2. Emergency Exits signs illuminated			2. Hardware secure		
3. Fire Extinguishers inspections current					
4. AED ( Automatic External Defibrillator) equipment inspection current			<b>FREE WEIGHTS</b>		
5. Emergency evacuation plan posted			1. Bolts, screws, adjustment mechanisms in good condition		
6. Floor is non-slippery			2. Weight plates have no cracks		
<b>EQUIPMENT – GENERAL</b>					
1. Is there adequate space between equipment (at least 36")			<b>ROWERS</b>		
2. Equipment checks performed daily			1. Seat pad in good condition		
3. Broken equipment taken out of service and signs posted			2. Pulley cables in good condition		
4. Cables, wires, chains secured					
5. Machines have warnings/instruction labels					
6. Bar and weight Storage Racks placed against wall					
7. Free weights kept off floor when not in use					
8. Equipment wiped clean daily (use mixture of mild antibacterial soap and water)					
9. Electrical equipment has surge protectors					
<b>TREADMILLS</b>					
1. Check operation of stop button weekly					
2. Monthly check of belt tension and deck					
3. Regularly vacuum underneath if on carpet					
<b>ELLIPTICAL/CROSS TRAINERS</b>					
1. Clean around alternator every 2-3 months					
2. Intermediate shaft belt is tight					
3. Hardware check every 2-3 months					
<b>EXERCISE BIKES</b>					
1. Seat attached securely					
2. Handlebars secured					
3. Pedals secured			<b>OTHER HAZARDS NOTED</b>		
<b>OTHER CONCERNS: (List below, or in a separate sheet of paper and attach it to this list.)</b>					