Baptist Health South Florida

POLICY NO.: BHSF-656.07
Administrative

POLICY TITLE: Services offered at the Employee Fitness Centers

Responsible Department: Wellness Advantage

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Review Date:
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SUMMARY & PURPOSE:
To establish guidelines for the following services offered at the Employee Fitness Centers:

1. Personal Training
2. Fitness Assessments
3. Equipment Orientations

POLICY:
Employee Fitness Centers will provide personal training, fitness assessments and equipment orientations to members of the Employee Fitness Centers.

SCOPE/APPLICABILITY:
The policy applies to all members of the Employee Fitness Centers.

PROCEDURES TO ENSURE COMPLIANCE:
The employee fitness department, exercise assistants, personal trainers, Employee Fitness supervisor, and the Wellness Advantage corporate director are responsible for enforcing this policy.

Personal Training

1. Personal training is provided by BHSF Employee Fitness exercise physiologist/personal trainers.
2. Personal training may be provided by other certified and approved members of BHSF Employee Fitness department, as determined by the supervisor and/or Wellness Advantage corporate director.
3. No outside trainers may provide services to a member at the Employee Fitness Centers.
4. If a member brings a non-approved personal trainer into the Employee Fitness Center to provide one of the above services, the member will be informed of the policy. The personal trainer will be asked to leave. If this occurs again, the employee's membership will be suspended for six months.

5. Personal training fees for 30-minute sessions can be found on the Wellness Advantage page of the BHSF intranet.
    a) Payment is due at the time of the training session.
    b) Forms of payment accepted: check, credit card, cash, or payroll deduction.

Fitness Assessments

Fitness assessments will be provided to the members of the Employee Fitness Centers by:

1. Employee Fitness supervisor trained and approved Employee Fitness staff.
2. Performed in accordance to American College of Sports Medicine standards.
3. Fitness assessment fee can be found on the Wellness Advantage page of the BHSF intranet.
    a) Payment is due at the time of assessment.
    b) Forms of payment accepted: check, credit card, cash, or payroll deduction.

Equipment Orientations

Equipment orientations will be offered to all new members of the Employee Fitness Centers at no charge. Orientations will be provided by:

1. Exercise assistants
2. Exercise physiologists/personal trainers
3. Performed in accordance with the American College of Sports Medicine standards

SUPPORTING/REFERENCE DOCUMENTATION:

N/A

RELATED POLICIES, PROCEDURES, AND ASSOCIATED FORMS:

N/A

ENFORCEMENT & SANCTIONS:

Wellness Advantage corporate director, supervisor, Employee Fitness and the Employee Fitness staff are responsible for monitoring and enforcing this policy.