

Upland Hills Health, Inc.
INDOOR FITNESS WALKING RULES

Thank you for taking an important step to improve your health! We want to encourage fitness walking in our buildings during cold or inclement weather, but we request the following rules are followed by each walker:

1. **Badge:** Upon receipt of this signed consent and waiver, a badge will be provided to you. We ask that you wear this each time you are fitness walking inside our buildings, so we can readily identify our pre-approved walkers.
2. **Children:** Young children must be in a stroller or closely supervised by an adult. *Children pose a special risk for tripping and falls, and adults need to supervise young children with care that children do not run into others. Please check stroller wheels for snow or dirt, and clean the wheels before strolling through the hallways. Thank you.*
3. **Food/Drink:** Please do not eat while walking in our hallways. Water may be carried with you, but no other beverages are allowed while walking. We welcome and encourage you to visit our Center Café, which is open from 7:30 a.m. to 6:30 p.m.
4. **Hours:** At this time, we ask that you to walk only between the hours of 6:30 a.m. and 7:00 p.m., seven days a week.
5. **Important:** Failure to follow these rules may result in your being asked not to fitness walk in our buildings. Also, the care of our patients is our first priority. If routine problems relating to fitness walking are observed or reported, we may find it necessary to ban fitness walking in our hallways.
6. **Log Book:** For our mutual security, we require your to sign in and out each time you fitness walk in our building. This log book is located in the hallway inside of the Professional Building Entrance. There is also a “Communication” tab in the log book. Please check for ongoing messages and updates for fitness walkers.
7. **NO ROLLERS:** Roller blades, roller skates, skate boards, bicycles, etc. are not permitted.
8. **NO RUNNING:** Running or jogging is not allowed.
9. **NO STAIRS:** Fitness walking on any Upland Hills Health stairway is strictly prohibited. Feel free to use the stairs to reach a destination, but repetitive step walking for fitness purposes is prohibited.
10. **Parking and Entrance:** Please park in the east parking lot and enter at the door near the Professional Building entrance. A coat rack, bench and log book are available.
11. **Patient Privacy:** As you are probably aware, we go to great lengths to protect the privacy of our patients. If you observe patients during your walk, it is not appropriate to ask staff about patients. Unless you have permission from a patient, please respect his/her privacy and refrain from telling others you saw a hospital patient or a nursing and rehab resident in our buildings.
12. **Physician Involvement:** Please talk with your doctor before beginning any new exercise program.
13. **Proper Footwear:** Please wear athletic shoes with good support and good traction. Please carry your athletic shoes in from your vehicle and put them on indoors. We will have a bench near the log book for your convenience.
14. **Telephones:** In the event of an emergency or urgent situation, please use the hallway telephones and dial “0” for assistance. You are fitness walking at your own risk. There may be times when no staff are nearby or readily available – other than via emergency telephones in the hallways.

15. **Questions?** Please let us know if you have questions or concerns related to fitness walking. Direct inquiries to our Cardiac Rehab staff at 930-7160.
16. **Route:** Please refer to the attached fitness walking map, and walk only in the designated areas. Outside these areas you may interfere with patient care, patient privacy or supplies distribution.
17. **At your service!** We encourage you to visit our Center Café and Auxiliary Gift Shop before or after fitness walking! If there are special services or items you would like added, please let us know. We also encourage you to consider joining our Therapy & Wellness Center or other fitness classes.
18. **We cannot help but ask!** Please consider volunteering either before or after your walking time in our buildings. We are always looking for energetic and enthusiastic volunteers. Call 930-7113 for details.

FOR FITNESS WALKERS –

A word about overhead paging at Upland Hills Health:

While you are in our building, some overhead paging may occur. Below, we attempted to give you some explanations to help alleviate your concerns and give you instructions, as applicable:

Be alert and allow extra walking room for staff:

Code Blue, Code Pink, Code 99, or Code Staff Assistance: These are codes for cardiac arrest or a life threatening emergency, for a possible child abduction, for police or for staff assistance. If you hear these codes paged, please be alert to staff who may be moving quickly through the hallways and possibly transporting patients or equipment. Please be courteous and allow extra walking room for staff.

Exit the building or seek shelter:

Code Grey or Code Black: These codes are for tornado watches and tornado warnings. Inclement weather is approaching, and you may wish to exit to the safety of your home. NOTE: The Sister Mary Benedict Pathway (area without windows, closest to the 1993 building) is suggested as a safe shelter area.

Exit the building:

Code Red: This is a code for fire. Often times this is only a drill; however, one never knows if it is a real or mock event. In either case, there will be added commotion in the hallways; therefore, we ask you to exit the building. You may wish to return another day or time to continue your fitness walking.

Code Diamond or Code Seek: These are codes for a community disaster or a bomb threat. Listen for instructions to be paged overhead.

Code Lockdown: This is a code used when there is an immediate security threat. Please remain in the hallway and listen for instructions to be paged overhead.

**Upland Hills Health, Inc.
Fitness Walking Consent Form**

Name: _____

Address: _____

Daytime Telephone: _____

Evening Telephone: _____

Email Address: _____

Your signature is required, and will be kept on file. Please read and sign below:

For my personal safety and in consideration of others, I agree to abide by the stated fitness walking rules put forth by Upland Hills Health.

I hereby release Upland Hills Health, Inc. and the employees, agents, and any other people officially connected with Upland Hills Health from all liability for any injuries or damages which I might suffer. Specifically, I release said persons from any liability or responsibility for my physical condition. (Participants under age 18 must have parent or legal guardian sign this form.)

I understand a badge will be provided to me, and I agree to wear this badge each time I fitness walk at Upland Hills Health. I agree to sign in and out of the log book each time I fitness walk at Upland Hills Health.

I understand I am fitness walking at my own risk. I may be walking at times when no staff are nearby or readily available – other than via emergency telephones in the hallways.

I understand Upland Hills Health has established these rules for a trial period. In the future, indoor fitness walking rules will be evaluated and may change.

Walker's Signature: _____ Date: _____

If Minor, Signature of Parent/Guardian: _____ Date: _____

Please return this completed form to the Auxiliary Gift Shop, which is open most weekdays from 8 am to 4 pm. Ask for your badge when you turn in the completed form. Thank you for your cooperation.