

# CHILL

## RULES OF THE ROOM

You must be at least 15 years old to be in CHILL.

No weight equipment or working out is allowed.

You may only use the HydroMassage chairs 10 minutes per day.

Clean all surfaces you touch with disinfectant wipes, including the insides of the compression boots.

Properly dispose of wipes and towels.

Remove your shoes when using the compression boots.

Hang the compression boots UNZIPPED on the provided hooks.

Plug the Hyperice equipment into chargers after use.

Do not remove the Hyperice equipment from CHILL. Video surveillance is in use and there is zero tolerance for theft.

If you must use a cell phone, be courteous, i.e. use a soft voice and have a short conversation.

Use headphones or earbuds when watching videos or listening to music.

*As a reminder, the LRAC reserves the right to remove any person from CHILL for safety or conduct reasons.*