



PROGRAM PARTICIPATION GUIDELINES

Kids Cooking Class Participant Program

LiVe Well Center – Utah Valley

Welcome to the LiVe Well Center – Utah Valley!

As part of our commitment to support health and wellness in the community, Intermountain Healthcare provides access to our facility and equipment for public use through our Participant Program. We welcome you to the Participant Program and hope you enjoy the health benefits and wellness support we offer. There is no requirement to receive medical care from Intermountain Healthcare to participate. We look forward to helping you achieve and maintain your physical fitness, mind-body health, and wellness goals.

As a Participant in our Program, you must understand and follow these guidelines:

- **Common Courtesy:** Treat others with mutual respect and follow the guidelines set by the facility.
- **Privacy:** Respect the privacy of other Participants. Avoid reading personal Participant information if encountered and never share information that may breach another's privacy.
- **Safety:** To ensure that you can safely participate, you may be required to provide clearance documentation from your physician before you begin participation or if you have a significant change in your health. The physician clearance may include any limitations or precautions you may have for participation. You should also understand your personal limitations with exercise and you should not exceed those limitations.
- **Equipment Care:** Equipment should be used according to instructions. Do not manipulate or change equipment to function outside of appropriate parameters. All equipment should be cleaned after each use. If equipment is soiled or contaminated discontinue use and notify an employee. If equipment is not working properly, turn it off (if applicable), discontinue use, and notify an employee.
- **Hygiene:** Practice good hygiene. This includes washing your hands immediately before and after classes and personal training sessions. Do not attend the Program if you are sick, have open sores, or have conditions that may be spread to others.