

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. **Route:** Please refer to the attached fitness walking map, and walk only in the designated areas, indicated on the map with arrows. Outside these areas you may interfere with patient care, patient privacy or supplies distribution.
3. **Physician Involvement:** Please talk with your doctor before beginning any new exercise program.
4. **Hours:** Fitness walking hours are 6:30 a.m. until 8:30 p.m.
5. **Parking and Entrance:** Please enter through the Physician Offices Entrance or the East Entrance, and park in the respective lots. A coat rack and the log book are located just inside the East Entrance.
6. **Log Book:** For our mutual security, we require you to sign in and out each time you fitness walk in our building. This log book is located just inside the East Entrance. There is also a “Communication” tab in the log book. Please check for ongoing messages and updates for fitness walkers.
7. **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 have a bench available for your convenience, just inside the East Entrance, near the Log Book.
8. **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.
9. **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.*
10. **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.
11. **NO ROLLERS:** Roller blades, roller skates, skate boards, bicycles, etc. are not permitted.
12. **NO RUNNING:** Running or jogging is not allowed.
13. **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.
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.

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15. **Important:** Failure to follow these rules may result in your being asked not to fitness walk in our building. 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 eliminate fitness walking in our hallways.
16. **Questions?** Please let us know if you have questions or concerns related to fitness walking. Direct inquiries to Community Relations at 930-7112.
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:

Exit the building or seek shelter:

If you hear a page for severe weather watches and warnings, it means inclement weather is approaching, and you may wish to exit to the safety of your home. NOTE: The area near the Conference Rooms, outside the Center Café, has been designated a safe area. We encourage you to use this shelter if directed by an overhead page.

Exit the building:

If you hear a Fire Alarm page. 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.

Listen for further instructions:

If you hear any codes for Security Alerts. Based on the nature of the security alert, you may be asked to remain in the building, directed to exit the building, or directed to another area of the building. Please listen to the page for instructions on how to respond.

Be alert and allow extra walking room for staff:

For all other overhead pages. These include pages for medical emergencies, for a possible child abduction, 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.