



## LBJ Hospital Fitness Center Rules

### COVID-19 Attestation

- Employees use the Fitness Center at their own risk.
- A maximum of four employees are allowed to use the gym at the same time.
- Do not use the Fitness Center if you are sick or exhibit signs of COVID-19, which include fever, chills, cough, shortness of breath, difficulty breathing, fatigue, muscle or body aches, headaches, new loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting and diarrhea.
- If you test positive for COVID-19, do not use the Fitness Center until you have been cleared to return to work at Harris Health.

### Additional Fitness Center Rules

- The fitness center is only for use by Harris Health employees and Medical Staff Services who have received clearance through the Employee Wellness department and DPS.
- To obtain clearance to use the fitness facility, participants must fill out the liability waiver. Once approved, badge access to the fitness facility will be provided. Please note it could take up to 1 week from the time you turn in the forms to gain access.
- The fitness facility is open seven days a week and will be closed to all participants for cleaning between the hours of 8:30 – 10 p.m. every day.
- Contract employees, family members, and patients are NOT authorized to use the fitness center.
- Badge access is required for entry into the fitness center. Participants are not allowed to let other participants in.
- Participants are only allowed to use the fitness facility on their own time.
- The LBJ fitness facility is not supervised. Use of equipment is at YOUR OWN RISK.
- Please consult your physician before beginning any exercise program.
- Harris Health is not responsible for any injuries sustained while using the fitness center.
- Participants are required to wipe down and sanitize the machines after using.
- Participants are limited to 30 minutes on the cardiovascular equipment if others are waiting. This includes the treadmills, ellipticals and bikes.
- Please return the dumb bells to the racks after using.
- Please do not drop or throw weights.
- Please wear appropriate workout attire when using the fitness center. Shirts, shorts or pants, and gym shoes are required. No bare feet or bare torsos. No sandals or flip flops. **No scrubs.**
- No food or glass containers are allowed in the fitness center.
- Participants are responsible for bringing their own water bottles and towels.
- Please follow equipment directions carefully and use as intended.
- No horseplay in the fitness center.
- Be considerate of others.
- Harris Health is not responsible for any lost or stolen items in the Fitness Center.
- If equipment is damaged or broken, please report immediately to Olga Otero, operations coordinator I, at 713-566-5128
- In case of emergency, call a Rapid Response Page (x32010).



Contact us at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org); 346-426-1597

Harris Health is committed to helping you achieve your best health. Incentives for participating in a wellness program are available to all eligible employees. If you think you might be unable to meet a standard for a incentives under this wellness program, you might qualify for an opportunity to earn the same reward by different means. Contact Employee Wellness at 346-426-1597 or via email at [employeewellness@harrishealth.org](mailto:employeewellness@harrishealth.org) and we will work with you (and, if you wish, with your doctor) to find a wellness program with the same reward that is right for you in light of your health status.

**This document is uncontrolled. Please contact Employee Wellness at 346-426-1597 with any questions.**

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