



## Fitness Center Frequently Asked Questions (FAQ) – Spouse/Domestic Partner Access

### Who has access to the fitness centers?

Use of the fitness center is restricted to Grande Associates and the Associate's spouse/domestic partner (DP).

### How do Associates gain access to the fitness center?

Associates must contact the Benefits Team at 920-952-7555 or [benefits@grande.com](mailto:benefits@grande.com). An electronic waiver will be added to the Associate's UKG account. Once the form is acknowledged, badge access will be granted to the fitness center within two days of completing a waiver form.

### How do Associate's spouse/DP gain access to the fitness center?

Each person is required to fill out a liability waiver. Associates must obtain the fitness center liability waiver by contacting the Benefits Team at 920-952-7555 or [benefits@grande.com](mailto:benefits@grande.com). Once the waiver is completed by the spouse /DP it must be returned to the Benefits Team.

### Can spouses access the fitness center at any time?

Spouses/DP may utilize the fitness center with the Associate during their non-working hours (i.e., evenings or weekends) It is a requirement that spouses/DP must only utilize the fitness center with the Associate. Associates should not allow spouses/DP use of their badge without them present.

### What entrance needs to be used to access the fitness center?

The designated fitness center door should be the primary door for entering the fitness center. At the Home Office, the fitness center door on the back side of the building around the corner from the on-site clinic entrance should be utilized. For security reasons, office access is not permitted to spouses/DP using the fitness center.

### Do I need to check into the fitness center?

When Associates and their spouse/DP visit the fitness center, they **must** sign in on the iPad. There is an option for *Associate* or *Visitor* the spouse or dependent should select, *Visitor*. Wellness program points will also be awarded for each visit!

### What do I do in an emergency situation?

If an emergency occurs call 911 immediately. If you are in the building and others are around you, notify them of the situation immediately to get help. If you do not have a personal phone, use the phone that is available in the fitness center, please dial 911.



### **What do I do if there is an active shooter threat?**

In the situation where there is an active shooter threat while you are using the fitness center, manually dial 8777 from any Grande Mitel phone in the home office. An audio message “Active Threat, Avoid Deny Defend!” will continue to repeat over the overhead speaker system. All Associates and visitors should immediately evacuate the building by using the nearest exit (if safe to do so) and call 911. Do not stay on the property or meet at an evacuation location. The audio message will play until the “All Clear” is received.

### **Fitness Center Guidelines**

Associates and their spouse/DP must follow the below fitness center guidelines. Failure to follow these guidelines could result in access to the fitness center can be removed. These guidelines are also posted within the fitness center.

- Wear appropriate workout attire and clean indoor tennis shoes. NO boots, sandals, or street shoes.
- Equipment use is on a first-come, first-serve basis. Please be considerate of the amount of time spent using each piece if/when others are waiting.
- Grande is not liable for any lost/stolen belongings. Please take your items with you after you are done working out.
- Wipe down all equipment, including mats, with disinfectant wipes provided after you are done using it.
- No equipment is to be removed from the premises, nor is any equipment to be brought on the premises. If you have concerns or requests, please reach out to the benefits team.
- Associates are asked to bring their own headphones and music devices. Music should be played at a level that is not disruptive to others.
- Do not drop, throw, or toss any dumbbells or weighted medicine balls on the ground or against the wall.
- Always put equipment back in its designated area. Do not leave equipment lying on the floor.
- In case of an emergency, Associates should use the phone located in the fitness center.