

Introduction

In general terms, fitness machines have an average life of ten years. Most equipment has built in service checks for the life of the equipment similar to a maintenance schedule for an automobile. For example, the service plan may call for a belt change on a treadmill every two to three years or 15,000 miles. Retain a copy of the manufacturer's maintenance schedule and follow it for the life of your equipment. Also ensure that proper documentation is maintained of your inspections and maintenance.

Ten years is a general rule of thumb, but there are many variables that will determine the actual life of your equipment including your maintenance practices and frequency of use. One critical step to maintain machinery with electronic components is keeping dust out of the circuitry. Daily wipe-downs with anti-bacterial wipes not only provide better hygiene for users, but sweat is very corrosive and may cause long-term trouble for parts. Vacuuming the inside and outside of equipment on a regular basis may also prolong the useful life of your equipment.

Most manufacturers suggest a daily inspection of fitness equipment to check for worn and damaged parts.

If the integrity of any piece or part is in question, "tag out" or remove the machine until the applicable repairs can be completed by the manufacturer or service contractor.

It is imperative to create a best practice for prohibiting the use of a machine while it is out of service, which should include a lock out tag out procedure (unplug the machine and install a plug lock), signage on the equipment indicating it is out of service, and notification to residents or guests.

Provide signage that relates to the proper age and use of equipment. Most of the equipment will come with an age designed criteria so use this as a guide to the specific age ranges for all machines. The signage should also warn potential users that if there appears to be any malfunction or other obvious damage, do not use the equipment and report the problem to management.



During the vetting process for new equipment, consider the manufacturer's warranty and service warranty of the retailer/distributor. Read all warranties carefully and keep copies on file. Fulfill all consumer requirements within the warranty to the letter. If no current maintenance contract is in place for your equipment, consider engaging a third party service provider. ***Require the service vendor to include your organization as an additional insured on their insurance policy. Craft a formal service contract with language indemnifying and holding your organization harmless for the negligent maintenance and repairs performed by the vendor.*** Review of contracts by legal counsel is strongly advised in order to optimize your protection. Lastly, obtain a copy of the vendor's certificate of insurance ("COI") evidencing adequate coverage for



Cable Attachment Bars & A

Cable attachment bars and associated parts such as triceps ropes, bars, straps, attachment grips, row handles, lat bars, straight bars, curl bars, ankle cuffs and straps, abs strap, etc., should be inventoried and inspected. A daily inspection is recommended for this equipment and should focus on the following parts and features:

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- Lubricate the drive chain. Some models have a small hole towards the back of the chain guard on the top side where a straw can be inserted to add lubricant while other models require you to remove the cover. Rotate the crank slowly while lubricating the drive chain.
- Clean and lubricate the brake tension rod while inspecting for signs of wear such as missing threads.

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- Resistance bands should last approximately six months under normal use, but consider more frequent replacement if they are used heavily.
- Inspect the bands daily for cuts, cracks, nicks, scratches, punctures, discoloration, or weakened areas. Carefully inspect the area where the handles are connected to the band.
- Because these items are frequently misused, display instructions in a highly visible area. Parameters are usually provided by the manufacturer. Besides the band breaking, releasing the band while under tension also causes many accidents.
 - Prohibit guests from attaching the bands to door frames or fixtures.
 - Bands should be used on a level and smooth surface.
 - Instruct users to remove watches, rings, or bracelets which can rub on the bands and cause damage.
- Clean the bands by wiping them with a damp cloth (no anti-bacterial wipes). Do not use soap or chemicals to clean. Avoid storing near heat sources or direct sunlight or in cold environments, this weakens the belt and alters the elasticity.

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Do not admit fault or liability and do not mention insurance. Ask the injured party if he/she desires medical attention. Collect contact information from the claimant and witnesses including name, address, phone number, and date of birth. Record a description of the incident and obtain photos, diagrams, claimant and witness statements, surveillance camera footage, etc. Ensure your maintenance personnel or service contractors do not alter the equipment in any capacity before the claim investigation takes its course. Tag out the equipment so it cannot be used. All the aforementioned actions assist the Claim Adjuster in defending and mitigating the incident, thereby reducing claim costs.

