



BREAK ROOM RULES

1. Participants shall arrive wearing attire fit for physical exercise and covering as much skin as possible including:

- Long Sleeve Shirts (no crop tops, lace, etc.)
- Long Pants (no ripped jeans, thin tights, etc.)
- Closed-toe Shoes (no crocs, sandals, etc).

THESE ITEMS ARE REQUIRED TO PARTICIPATE, NO EXCEPTIONS.

2. Participants must sign the waiver. **Minors under 18 years of age are not allowed.**

3. Only 1 person may be allowed to enter the break room at any time. Any remaining members of the group will stay outside of the room and take turns rotating into the room. Upon entry to The Break Room, ensure that the door closes behind you.

4. Only swing at or throw items in the direction of the target. Throwing or hitting items in any other direction may result in a fine for damages.

5. Use good judgment and pay attention to your surroundings. Watch where you are swinging.

6. Keep safety equipment on and sleeves rolled down at all times.

7. Activities in The Break Room are subject to audio and/or video monitoring and/or recording. Participants provide consent to such monitoring and/or recording.

8. No throwing of the wrecking tools or using the wrecking tools to hit the walls or floors directly.

9. In the case of an injury of any kind, discontinue session immediately and report injury to staff.

10. Once the session is completed participants will leave all demolished material and wrecking tools in the room, exit, and leave their hard hats, safety glasses, and protective gloves in a designated location.

WHAT TO WEAR

Hard Hat & Face Shield – Mandatory (we provide)

Protective Safety Work Gloves – Mandatory (we provide)

Long Pants & Long Sleeve Shirt – Mandatory (you provide)

Closed Toe Shoes - Mandatory (you provide)