MAMMOTH BOARD ROOM

Safety rules and emergency procedures

SAFETY RULES

No staff are on site. You train at your own risk. All the rules: mammothboardroom.com/rules

Who can be here

- **Adults only: 18 and over, at all times.** Sorry, insurance rule.
- **Open 5am to midnight, every day.** The door won't open from midnight to 5am.
- **Everyone has signed the waiver** and watched the orientation video. Guests come only on a buddy pass, with their host.
- **Tap in every visit with your own pass.** Don't share it, hold the door or let anyone in behind you.
- **Everyone needs to tap individually,** even when coming as a group.

In the weight room

- **Use collars.** Lower weights under control; don't drop them.
- **Re-rack everything** when you're done.

The space

- **Keep your phone on you.** You need it for the door and the board apps.
- **Liquid chalk only.**
- **No alcohol or drugs.**
- **Keep music** at a level that can't be heard outside the suite.
- **Last one out:** turn off the heat or AC, close the window, and check the door shuts behind you.
- **Leave no trace.** Clean up chalk, tape and food.
- **Something broken or unsafe?** Stop using it and tell us: scan the **feedback** QR code on the "Something broken? Got an idea?" sign.

EMERGENCIES

AED: by the front door

First aid kit: _____

Fire extinguisher: _____

Life-threatening emergency, fire or crime: call 911

Tell the dispatcher: **3343 Main St, Suite C2, Mammoth Lakes (behind Black Velvet)**.
Then call us: **(760) 649-9001**

Someone is unresponsive and not breathing normally. Call 911 and put the phone on speaker. Start chest compressions. Get the AED (or send someone), turn it on and follow its voice prompts.

Injury. Don't move someone with a possible head, neck or back injury; call 911. For minor injuries use the first aid kit. Report every injury afterwards, even small ones.

Fire. Get everyone out and call 911. Use the extinguisher only on a small fire, with your back to the exit: Pull the pin, Aim at the base, Squeeze, Sweep. Don't go back in.

Threat or violence. Leave if you can, then call 911. Don't confront anyone.

Power, water or snow problems, or a stuck door. Stop training, leave if unsafe, and call (760) 649-9001. Locked out? Press the doorbell.

INJURY REPORT

After any injury or near miss, even a small one, scan this code or go to **mammothboardroom.com/report**. Or call (760) 649-9001.