

Fort HealthCare Adult Walking Program: Expectations Form

Welcome

Fort HealthCare welcomes you to the walking program and we hope you enjoy utilizing the space for added movement and health-benefits during your day. We know this program has been missed over the last few years, and we ask that you read through the expectations below and follow them to ensure a continuation in the program.

Expectations

Designated Times

Walking program participants will be allowed to walk **Monday – Friday between 1:00pm and 5:00pm**. These times are designated because of decreased patient and staff flow on the walking path.

Entrance/Exit

Walking Program participants are to **only** use the Fort HealthCare Ambulatory entrance off McMillen Street during the designated times listed above.

Parking

Walking program participants are to park against the retaining wall that faces Sherman Avenue East/106. This allows patients ample parking near the entrance.

Walking path

The walking path is located on the 1st Floor of the hospital and is a stretch of hallway between the Pharmacy and Accounting/Admin Department. Once you enter the Ambulatory Entrance, take a right and walk through the automatic double doors. Once through the doors, turn to your left and you will see a table with information and the walking path is the hallway just beyond the table. Please do not deviate from this path.

MISC.

- Participants are 18 years of age and older.
- Participants will need to sign an Expectations Form the first time they use the walking path.
- Participants will need to sign in and out of the logbook each time they use the walking path.
- A coat rack will be provided for jackets and extra layers near the sign-in table.
- Strollers and non-service animals are not allowed on the walking path.
- Please be conscientious and respectful of patients, visitors, staff and other walkers on the path.
- Individual understands that they are using the walking path at their own risk and agree to hold FHC harmless for any injury to them.

Walking Program End

The walking program may be discontinued at any time, at the discretion of Fort HealthCare. We anticipate a pause in the program in March/April 2024 due to hospital construction and appreciate your understanding and we continue to strive to provide the best care experience for our patients.

I have read the Expectations above and agree to follow them.

Signature: _____ **Date:** _____