Fitness Center Policies and Procedures

The following policies and procedures are required of guests at the Fitness Center to ensure a SAFE and SANITARY workout environment.

- Please be aware that you are using Fitness Center equipment at your own risk.
  - Management is not responsible for any injury you may suffer.
  - AED and basic first aid supplies are available.
  - No medications (for pain, illness) of any kind will be disbursed.
- It is the guest’s responsibility to know his/her own physical limitations and what equipment to use and how to use it within those limitations.
- Fitness Center staff are there to show guests how to use equipment. Please ask for assistance.
  - Guests should ALWAYS use a spotter when using free weights, please ask staff to spot.
  - Collars must be used on all free weight bars.
- No children under 18 permitted unless they are secondary members of faculty/staff/students and are accompanied by the primary user.
- No horseplay, no loitering/hanging out will be permitted.
- PROPER ATTIRE REQUIRED
  - Closed-toed shoes
  - Athletic shorts & pants
  - Shirts that cover midriff
- No food or beverages other than WATER is permitted in the Fitness Center.
- Guests are expected to assist in keeping Fitness Center equipment clean and sanitized.
  - Sanitizing wipes (Fit-Wipes) are provided in wall dispensers that are to be used to wipe off weight benches and cardio equipment after use.
- Guests are also expected to keep the weight room in order and free from potential injury by re-racking weights after use.

Thank you for adhering to the Fitness Center policies and procedures.