FITNESS CENTER POLICIES & PROCEDURES

EQUIPMENT USAGE
Free Weights/Strength Machines
✓ We recommend lifting with a partner whose strength is similar to yours, & if without a partner to avoid lifting weights over or above the body use the selectorized equipment.
✓ Fitness Staff are not permitted to spot for patrons.
✓ No Olympic lifting is allowed - this includes, deadlifts, cleans & snatch. We do not have the space for these lifts to be safe!
✓ DO NOT DROP WEIGHTS. DO NOT ALLOW MACHINE PLATES TO SLAM DOWN. Perform controlled reps only- or be asked to work out somewhere else.
✓ Weight collars, pins, clips & machine safety hooks MUST be used.
✓ Share equipment and allow others to use machines when doing multiple sets.
✓ Re-rack all weights/plates to their designated storage areas.
✓ Benches must be kept out of walkway. Decline bench(es) may not be moved.
✓ No weight lifting chalk is permitted.
✓ Bars may not be removed from their racks for use in exercises other than the lifts meant for that station.
✓ Please report equipment failures to the staff on duty.
✓ Members should clean equipment with the cleaning solution provided in spray bottles throughout the facility. PLEASE Spray the paper towel first and THEN wipe down cardio machines and weight machine seats/benches. This will prolong the life of the equipment and prevent spray from hitting other members.

Cardio Equipment
✓ We recommend using the safety clip located on all treadmill consoles.
✓ There is a 30 minute time limit on individual cardiovascular machines during busy times.
✓ Share equipment and allow others to use machines when doing multiple sets.
✓ Please report equipment failures to the staff on duty.
✓ Members should clean equipment with the cleaning solution provided in spray bottles throughout the facility. PLEASE Spray the paper towel first and THEN wipe down cardio machines and weight machine seats/benches. This will prolong the life of the equipment and prevent spray from hitting other members.

*DRESS CODE*
We strictly enforce our dress code to prevent disease transmission. Anyone not following the dress code will be asked to put on proper attire or leave --- no exceptions!
✓ Only unaltered t-shirts and sleeveless shirts which cover the entire stomach, chest and back (NO bra tops) are allowed. Sweats, modest shorts and similar items are considered appropriate attire. Athletic shoes must be worn at all times. No earrings larger than a quarter may be worn and necklaces must remain underneath your shirt. Anyone in violation of our dress code policy may be asked to leave. Repeat offenders may lose all membership privileges.

✓ Sandals, flip flops, crocs, boots, black-soled shoes, jeans, and any pants with buttons or hardware (zippers/rivets) and skirts are prohibited.

Dress Code Explained:
- Altered shirts contribute to excessive sweat & moisture which can damage equipment.
- Modest dress prevents anyone from being offended by what others are wearing (or not wearing)
  - Proper athletic shoes protect feet and protect floors.
  - Small jewelry prevents injury (large hoops and chains can get caught on handles etc.) and buttons/rivets can damage equipment and are thus prohibited.
  - Skirt material can get caught in machines increasing the potential for injury.

MEMBER CONDUCT
✓ No food, or drinks (except water in closed, plastic containers) is allowed.
✓ Personal trainers not hired or authorized by the Associate Director Of Campus Recreation may not train clients within the SEFCU Fitness Center.
✓ No smoking, drugs, or alcohol are permitted and members may not use equipment while under their influence.
✓ Loud and/or abusive language is not permitted.

EMERGENCIES
✓ In the event of an emergency within the Fitness Center, notify a staff member immediately, and follow the staff member's instructions.
✓ If you have an injury or adverse reaction to exercise, please alert the staff so they may contact emergency services to assist you.

MEMBER SAFETY
If a member is involved in a medical incident or if the staff determine a member is at 'increased risk' from a health screening form or during a screening test, that member's Fitness Center privileges may be suspended until the member provides a completed medical clearance form to the Assistant Director, Fitness Center. Any health information collected by staff will be treated as confidential and will be kept private to the extent the law allows.