

# POLICIES & PROCEDURES

---

## *GENERAL POLICIES*

- In accordance with the college's Tobacco-Free policy, the use of any tobacco products is prohibited in and around the recreation and fitness centers.
- Food is not allowed beyond the access control point in the recreation and fitness centers.
- Campus Recreation allows the admittance and use of non-alcoholic beverages in only spill-proof, break-resistant containers within all recreational facilities.
- Non-marking athletic shoes must be worn in the activity areas. Examples of prohibited shoes include (but are not limited to) cleats, sandals, crocs, stocking feet, backless shoes, shoes that can easily slip off, shoes that do not cover the forefoot and/or hard-soled shoes.
- Chewing gum is not allowed in the activity areas.
- Pets, with the exception of service animals, are not allowed.
- Disorderly conduct, abuse of the facility, equipment, or staff and/or disregard for the recreation and fitness centers' policies will result in immediate dismissal from the facility. Additional sanctions may include disciplinary action, reimbursement for damages, and/or potential suspension from the facilities and programs.
- Participants asked to leave by the staff will not be refunded any paid charges.
- Mopeds, bicycles, and electric scooters are not allowed inside the recreation & fitness centers.
- Skateboards, roller-skates, rollerblades and non-electric scooters are not allowed to be operated in the recreation and fitness centers under any circumstances.
- Participants are to abide by all staff requests.
- Profanity of any kind is not allowed.
- No solicitation is allowed.

## *FITNESS CENTER POLICIES*

- Fitness Center Dress Code includes full length shirt, athletic shorts/pants, and athletic, non-marking shoes. Examples of prohibited clothes include (but are not limited to) a sports bra without a shirt over it, cutoff shirts revealing the midriff/sides of torso or a plunging neckline, shorts/pants that sag below the waist, short shorts, or transparent clothing.
- Users are required to wipe down and rerack equipment after use.
- Group fitness classes and individuals may obtain approval from the Campus Recreation Coordinator or Fitness Center workers to have bare feet for activities such as (but not limited to) yoga, martial arts, and deadlifting.
- Lifting chalk may be used as long as it is cleaned up afterwards.
- One set of dumbbells off the dumbbell rack per person at a time.
- Barbell collars must be used on all free bar lifts with plates.
- There is a 30-minute limit on each piece of cardiovascular equipment.
- Equipment may not be altered or removed from the spaces, unless under the direction of a uniformed Fitness Center worker.
- Removal of signage is not allowed.
- Photographic devices may not be used in the locker rooms and restrooms.
- Personal items such as backpacks are not allowed on the main floor or in the rooms.
- Personal items must be placed in designated storage lockers. The storage lockers are available for daily use only. Items left in a locker overnight will be removed and held for no more than one week.
- Staff members are not responsible for lost or stolen property.
- Personal music is only allowed in the fitness center if used with headphones.
- A/V equipment may only be used/changed by Fitness Center staff. Student organizations with a reservation must provide their own AV equipment.