

# **FITNESS CENTER RULES & REGULATIONS**

1. Only Florida Memorial University current enrolled students may utilize the Fitness Center. Visitors are not permitted.
2. Students who participate in the Fitness Center will be doing so at their own risk. Florida Memorial University is not responsible for any injury that may occur to individuals participating in any exercise activity. Participation in exercise activity is on a voluntary basis.
3. Students are required to sign in at the reception desk for each visit to the Fitness Center. All students must also present their own valid student identification card to use the Center.
4. The Florida Memorial University Fitness Center is intended to give students a clean, safe and enjoyable place to exercise for general fitness purposes. Bodybuilders and some highly-conditioned athletes may find that this facility is not sufficient for their workout goals, and it is therefore suggested that another facility may better suit the needs of this special population.
5. Attire:
  - Proper athletic attire must be worn at all times.
  - Tennis shoes must be worn at all times.
  - Absolutely no sandals, open toed or open-backed shoes are permitted.
  - T-shirts must be worn. Tank tops are not allowed. Cut off t-shirts are not allowed.
  - No jeans or jean shorts allowed.
6. Food is not permitted in the Fitness Center. No gum is allowed.
7. Water, Gatorade or sports drinks are permitted provided they are in a sealable, plastic container.
8. Radios and tape or CD players are not permitted unless they are personal units (such as a “Walkman”) equipped with headphones.
9. Students are required to behave according to the rules and regulations in the Student Handbook.
10. Smoking and tobacco products are not permitted in the Fitness Center.
11. The Fitness Center is not responsible for lost or stolen items.
12. Students are required to pick-up after themselves and discard trash and remove personal items.
13. For safety reasons, personal items, bags and other items are to be stored in your room and not on the Fitness Center floor.
14. All students are required to wipe down cardio and weight room equipment after each use. Paper towels and disinfecting spray is available for use.
15. Dumbbell Area Etiquette:
  - Other students must be allowed to “work in” between sets.
  - Return dumbbells to the rack.
  - Dumbbells may not be set against the wall, benches or other equipment.
  - Dumbbells may not be dropped on the floor or benches.
16. Cardiovascular Area Etiquette:
  - During busy times or whenever someone is waiting for a machine, observe the 30-minute time limit on all cardiovascular equipment.
  - Wipe down equipment after each use.
17. Report damaged equipment immediately to Fitness Center Assistant.
18. Report injuries immediately to the Fitness Center Assistant.
19. The Fitness Center reserves the right to refuse service to any student who violates any rule or regulation, or engages in any verbal and/or physical abuse of the Fitness Center staff or members.
20. The Fitness Center Assistant on duty is ultimately responsible for enforcing all rules, regulations, and procedures. If at any time a student does not comply with the rules and/or the assistant on duty, the member will be asked to leave, and/or his/her fitness center privileges will be revoked. The Fitness Center Assistant on duty has the right to enlist the help of Campus Security whenever these situations arise.
21. Any formal problems, questions, or concerns regarding the Fitness Centers should be submitted to the Intramural Sports office. Please fill out a comment card clearly and indicate the issue being addressed, and be sure to include your name and phone number..