

## **Access to Fitness Center and University ID**

A University ID is required to gain access into the Fitness Center, NO EXCEPTIONS. If you have lost your University ID, please visit the Security Office to replace your lost ID. If you do not have your ID and cannot replace it at the time, you may bring another photo ID along with your ID number to gain access. Use of another person's ID to gain access to the Fitness Center will result in immediate suspension of membership of the person sharing their ID.

## **Fitness Center attire**

Proper athletic attire must be worn while using the fitness centers.

- Sneakers, socks, athletic pants/shorts, and t-shirts are considered appropriate attire.
- Shirts should cover full chest, back and lower torso area (no sport bras only).
- Jeans are not permitted. Jeans often have studs, rivets and zippers which may tear the fabric on the benches.
- Bare feet or sandals are NOT permitted (except during certain group exercise classes).
- During winter months and rainy days, **please bring a dry pair of shoes**. The facility attendant on duty may deny access to Fitness Center if you do not have a dry pair of shoes.

## **Food and beverages**

Other than water bottles, food and beverages are not allowed in the centers. Only bottles with screw tops or snap tops will be permitted in the Fitness Center.

## **Fire alarms**

Whenever a fire alarm is sounded, immediate evacuation of the building is the appropriate response. If there is a fire alarm while you are using the facilities, you must immediately leave the center through the nearest exit door and remain outside until it has been announced that it is safe to enter the center.

## **Guests/visitors**

Guest passes may be used so non-members may use the Fitness Centers. A Fitness Center guest is defined as an individual who is:

1. not affiliated with Felician University and visiting the current fitness center member; or
2. a full or part time student, faculty, or staff member of Felician University who does not have a current fitness center membership
3. an invited visitor to campus that is hosted by a campus department or organization.

## **Health and safety**

If you have the flu, a cold, or any other contagious illness, please do not train in the centers. Using the Fitness Center with a contagious illness puts you and all other members at risk. Illness causes an individual's system to become weaker and the likelihood for injury increases significantly when training under these conditions. Furthermore, given the nature of physical training, the transmission of contagious diseases occurs quite readily. Hand Sanitizer and Disinfectant Wipes are available in the Fitness Center. Please use the Disinfectant Wipes for cleaning perspiration from the pads, benches and any machine that you have used. Please be courteous of fellow Fitness Center members and use the supplies provided in the areas that you use.

## **Injuries**

Any member who incurs an injury or becomes dizzy/ill while using the centers should immediately contact a Fitness Center staff person for assistance. In cases requiring first aid, fitness center staff will contact the appropriate persons for assistance. It is important that fitness center staff be notified of any cases of injury or illness so that proper procedures can be initiated.

## **Cardiovascular equipment usage procedures**

Cardio equipment is on a first come, first served basis. We ask that you please limit use to 30 minutes, while people are waiting. Our facility attendants can assist you if you have any questions or concerns. Please wipe down cardio equipment after use.

## **Weight lifting policies**

1. For the courtesy of all Fitness Center members and for safety reasons, all **lifters MUST re-rack their own dumbbells and weight plates after they have finished using them.** Searching for sets of weights needed for your weight lifting program can be a hassle and this is easily avoided when all lifters re-rack their own weights. Furthermore, having weights spread throughout the centers poses obvious hazards. **Continued failure to abide by this Fitness Center policy may lead to the suspension or termination of your membership.**
2. Please do not slam or drop the weights.
3. All lifters MUST use a spotter for safety reasons. If you do not have a lifting partner, ask a Fitness Center staff person to assist you. If you are a person who uses chalk when lifting, please keep it in a spill proof container.

## **Membership revocations and suspensions**

All Felician University and Residence Life policies and procedures apply to the Fitness Center. The Fitness Center staff is responsible for enforcement of college policies and fitness center guidelines. Courtesy for other members, staff and the equipment in the Fitness Centers is expected and required. Loud, boisterous or abusive behavior will not be tolerated. Failure to comply with the university policies and Fitness Center guidelines may result in immediate eviction from the centers, revocation of membership, and disciplinary review through the campus judicial system.

## **Inclement weather**

During times of inclement weather and college class cancellations, the Fitness Centers **will make every effort to remain open**. There may be times, however, that a staff member is unable to make a shift due to weather conditions (especially in the early morning) and the Fitness Center will be closed. Please feel free to email [LewisI@felician.edu](mailto:LewisI@felician.edu) or [TorielloA@felician.edu](mailto:TorielloA@felician.edu) during these times to check on their status.