

Fitness Center Policies

1. Access

- Access is gained at the main entrance on the second floor of the JSAC by presenting a valid JagCard to the attendant.
- Only current semester students may use the Fitness Center unless the Director of Student Activities gives special permission.
- Children under 16 are not permitted in the Fitness Center and should not be left unattended in the building.
- The JagCard will be swiped into a reader, cards are valid if they say accepted and have a semester current sticker. If cards are swiped and are not deemed valid then the individual should be instructed to go to the Office of Student Activities or Jag Card.
- JagCards will be kept behind the desk until the patron leaves.
- Individuals who have special needs due to physical disability may request assistance from the attendant behind the desk.
- Any JagCard not belonging to the bearer will be confiscated and that person may face disciplinary action.
- The fitness center staff has the right to ask for additional identification at any time if necessary.
- All students MUST complete an orientation to the center before their initial use. Orientation can be administered at any time by the attendant on-duty.
- All students will also sign a waiver of liability for using the fitness center upon finishing orientation.

2. Appropriate Apparel

- Workout attire must be worn to use the cardio and weight areas.
- Recommended attire includes sweats or shorts, athletic shoes and a non-mesh T-shirt or top.
- Street clothing can be dangerous and confining when exercising and is not permitted.
- Tank Tops may be worn as long as they are not considered offensive.
- Sports bras and nothing else on top are not allowed.
- Shirts and pants with buttons, metal zippers, studs or belt loops are considered street wear and are deemed inappropriate.
- Shirts and shoes should be worn at all times.
- Weight gloves are recommended when using free-weights.
- Appropriate athletic footwear such as tennis shoes must be worn at all times by Fitness Center users. Proper footwear will protect the facility and individuals using it.
- Jogging Shoes may be worn on cardio equipment, passive recreation areas and weight-training equipment. All turf shoes and open-toed shoes (flip-flops/sandals, etc.) are prohibited in the Fitness Center.
- It is recommended that jewelry, which may cause injury or damage equipment, be removed. Visitors may be asked by the attendant to remove jewelry if it is deemed inappropriate.

3. Cardio and Weight Equipment

- Stretching areas are located near the Cardio Bikes and Fitness Center Desk. Users are encouraged to stretch before any strenuous workout.
- The machines and weights should be used with care.
- Dropping dumbbells and weight stacks can cause injury, equipment damage or facility damage. Users may not drop the weights.
- Weight stacks should never touch during normal use.
- Users should be courteous to others by limiting the length of their workout at a single station by observing posted time limits when others are waiting. A 30-minute time limit will be imposed when people are waiting to use cardio equipment.
- Users should only use the machine pin designed for the machine they are using. The use of an incorrect pin and/or the improper insertion of the pin may cause personal injury and/or damage to the machine. Machine pins should remain at the station to which they belong.

- If weights, pulleys or other parts become jammed, users should not attempt to free them without staff assistance.
- Users should always inspect the equipment for loose, frayed or worn parts before using.
- To reduce the chance of injury, users should keep head and limbs clear of weights and moving parts at all times.
- All equipment is to be returned to appropriate storage locations after use (i.e., dumbbells must be re-stacked)
- Equipment is to remain at its appropriate location. Furniture or equipment from other areas may not be moved from area to area without permission.
- Participants shall use extreme caution in moving equipment and weights to avoid potential injury to themselves or others.
- Participants should use the safety strap when using the treadmill to prevent injury.
- Weights are not to be propped against the walls, pillars or mirrors.
- Spotters are highly recommended at all stations; however, Fitness Center attendants are not spotters.

4. General Rules

- All concerns and maintenance needs should be reported to the attendant on duty who will notify the Student Manager.
- Food is not allowed at any time but non-breakable water bottles are permitted.
- No hazardous activity or foolish behavior is allowed.
- Users are not allowed to use the facility without an attendant on duty.
- No personal radios or boom boxes are allowed. They can be distracting to others and pose a trip hazard. Users may use personal music electronics with headphones.
- If classes are in session, please be courteous and keep noises to a minimum.
- In the case of inclement weather or unforeseen incidences the Fitness Center may be closed down and will be reopened as soon as possible. We apologize for the inconvenience. Users should follow the instructions of the attendant to ensure safety.

5. Locker and Key Usage

- All Fitness Center users may use lockers provided by the Office of Student Activities. Locks are located at the Fitness Center desk and may be checked out free of charge.
- Users in the Fitness Center should store clothing and bags in the locker rooms or storage cubbies. At no time should items be left on the floor of the Fitness Center or locker rooms. No items are to be stored on the Fitness Center Desk.
- Items are not allowed to left in the lockers overnight. Items are removed on a nightly basis and given to Public Safety. Lockers are also not to be used as day storage. They are for current users of the Fitness Center. Violators will not be allowed access to the lockers
- ASU is not responsible for lost or stolen items from the locker rooms. In the event this happens assistance will be provided by the attendant on-duty and an incident report should be filed. After hours the ASU Public Safety Office should be contacted ASAP at 706-737-1401. During the day please notify the Operations Coordinator and they will contact Public Safety.
- Children are not allowed in the locker with those of the opposite sex.
- If a key is lost or damaged beyond repair, the student must pay a \$20 fee to the Office of Student Activities.
- If the Office of Student Activities must open a locker the student must pay a \$20 fee.

6. Forgotten ID Card Policy

Those who have forgotten their ASU ID may gain access to the facility one time per semester by presenting their driver's license and signing in at the Fitness Center desk. After one time, members will be required to have their card in order to gain entry.

7. Assumption of Risk

- Participants must understand that physical activities contain an element of danger including serious injury. Participation in all activities is on a voluntary basis at the individual's own risk.

- All participants are strongly encouraged to undergo a physical exam, consult with a physician in regard to appropriate activities for fitness level and to carry medical insurance coverage for participants.
- ASU does not carry medical coverage for participants in the Jaguar Student Activities Center.

8. Injuries

- Please clean all machines and benches after using. This will ensure a more sanitary environment. Student Attendants will ensure that all parts of the machines stay clean.
- Users are not allowed to spit on the floors, walls or in water fountains.
- If an injury occurs, please contact a member of the facility staff immediately.
- If you are bleeding prior to, or begin to bleed during, any activity, please attempt to stop the bleeding and cover the afflicted affected area with a bandage.
- Open wounds of any sort are not allowed in the Fitness Center from users or attendants. Please inform a staff member if blood or other discharge is on equipment or other facility surfaces.
- For health reasons persons suffering from skin or communicable diseases may not use the Fitness Center.
- Gum, candy and other foods are not allowed.
- The University and its staff are not responsible for injuries.
- All participants are financially responsible for all expenses related to injuries and emergency care, including medical care, ambulance and other expenses. Medical insurance is strongly recommended for all participants.

9. Policy Enforcement

- During the Fitness Center orientation a copy of the fitness center policies and liability statement will be distributed.
- Eligible users are subject to the all policies and the disciplinary procedures enumerated within.
- Failure to follow Fitness Center policies may result in an investigation by the Director of Student Activities and any wrongdoing will be handled according to the policies listed.
- Any breach of the Fitness Center policies may result in the revocation of Fitness Center access or fines for damages.