

## Fuller Fitness Center - Rules and Regulations

- 1. All individuals must sign in and present their ID card at the Fitness Center front desk before working out.
- 2. Faculty, Staff and students must have a self consent form on file with the fitness center before using the facility. (Note: Ask front desk attendant to fill one out if you have not done so already).
- 3. Bags, balls, sticks, bats, shoes, changes of clothing, etc... are not allowed in the workout areas. Place all personal belongings in cubbies before working out.
- 4. Individuals using the fitness center must wear proper gym shoes and clothing. Jeans, cut-off shorts and flip-flops are not permitted in the Fitness Center... <u>NO</u> BARE FEET ALLOWED.
- 5. No food or beverages (except water & sports drinks) are permitted.
- 6. Shirts must be worn at all times
- 7. Gym shoes must be clean and dry.
- 8. Do not drop weights on the floor.
- 9. Return and rack the weights when finished.
- 10. Do not place the weights on benches.
- 11. Wipe off the equipment when finished with cloth and cleaning solution. (Note: Please bring your own workout towel, the fitness center does not provide towels).
- 12. Children under the age of 17 are not permitted in the facility.
- 13. Cell phones are for emergency use or official College business only.
- 14. Ask the front desk attendant to change the television station if you would like to watch a different channel while using the cardio machines.
- 15. Sessions on cardiovascular equipment are limited to 30 minutes, when <u>ALL</u> machines are being used.
- 16. The fitness center staff recommends using a spotter when using free weight equipment.
- 17. Tobacco, in any form, is prohibited.
- 18. Swearing, grunting, loud noises, abusive language, inappropriate behavior, and vandalism will not be tolerated.
- 19. Be courteous and respectful of others.
- 20. Pick up your towels, water-bottles, magazines, etc. when finished.
- 21. Be prepared to vacate the Fitness Center at closing time.
- 22. If medical assistance is needed or an emergency arises, contact the fitness desk and the supervisor on duty and state the nature of the emergency.