



The Department of Recreation & Wellness

FITNESS CENTER Policies

WELCOME to the Fitness Center. We hope to provide you with a safe, clean, well-equipped facility that you will enjoy. If you have any suggestions that might improve your workout, please leave a written note in the suggestion box. Please be a "team player" by taking care of the equipment, returning all equipment to its proper location, and encouraging others to do the same – Thank you!

Full Name (Print): \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

- 1. Everyone must present a current Clayton State University ID or membership card to use this facility.
2. All new members MUST complete required forms prior to using the facility.
3. No one under 16 allowed.
4. All guests must have their sponsoring member present during the time of and for the duration of the visit.
5. Proper workout attire is required.
- A full T-shirt with sleeves must be worn at all times
- Shorts / sweats. Waistband must remain at your waist at all times. No jeans, street clothes, or cutoffs permitted
- Athletic shoes must be worn. No cleats, boots, or flip-flops permitted
6. Always use collars on barbells. Lift inside the squat rack at all times.
7. Use a spotter for any heavy lifts over your body.
8. Return all weight plates, dumbbells, and barbells back to their respective weight trees and racks.
9. Return weight benches to their proper places.
10. Use cleaning solution to wipe down cardio equipment and benches after use.
11. Report broken machines or equipment to the fitness assistant on duty.
12. Cell phones must remain on silent. Cell phone use is permitted in the entry corridor ONLY.
13. By signing this form, you acknowledge your understanding that your picture may appear in an authorized facility-related photo as a part of general marketing (Web and/or hard copy) for the Fitness Center, the Department of Recreation & Wellness program promotions, and / or for Clayton State University.
14. The following is Prohibited:
a) No food, gum or drink with the exception of water in a plastic bottle (no glass)
b) No cell phone use permitted on the fitness floors, gymnasium, exercise studios, or in the locker room
c) No gym bags / back packs permitted on the fitness floors. Secure belongings in a locker
d) No smoking or tobacco products
e) No yelling or profanity
f) No dropping or slamming of weights
g) No use of weight machine benches for free weight work if others are waiting
h) No bouncing balls or throwing balls outside the gymnasium
i) No dunking or hitting the rim
j) No use of multiple stations at one time if others are waiting on equipment
k) No use of equipment for purposes which it is not intended
l) No use of weight belts on upholstered benches
m) No unauthorized photos may be taken. You must obtain written permission from the Director.

Acknowledgement:

I acknowledge that I have read, understand, and agree to follow the policies above. I further understand that my failure to follow one or more of the policies may result in a suspension or complete loss of Fitness Center privileges.

Participant's Signature \_\_\_\_\_

Witness' Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's or Guardian's Signature (if participant is under 18) \_\_\_\_\_

Date \_\_\_\_\_