

CLAYTON STATE UNIVERSITY
DEPARTMENT OF RECREATION & WELLNESS
FITNESS CENTER

Policies, Terms & Conditions

Introduction

Welcome to YOUR Fitness Center! The Department of Recreation & Wellness provides recreation activities and wellness services to the students and employees of Clayton State University. The department aspires to facilitate the physical, social, emotional, and intellectual development of those who participate in the recreation and wellness activities and to provide an environment that is fun, relaxing and supportive of beneficial lifestyle practices.

The philosophy of the management and staff is that the needs of the students and patrons shall always be the first consideration and that both the professional and student staff will maintain the highest standards. We are committed to conducting ongoing evaluation of the facility and programs in order to ensure that the members and guests receive the highest quality in programs and services.

Memberships

The fitness center is NOT open to the general public. Membership information is available at the Front Reception Desk located in the lobby level and on the Web under "Memberships". Currently enrolled Clayton State University students have automatic membership through their student activity fee. Faculty, staff, and Clayton State University graduates (alumni)* may join for a fee payable on a monthly, semester or annual basis. All members must present a valid Clayton State University Laker card, Fitness Center card, or issued guest pass in order to use the facilities. These policies are in place for your safety and the safety of all the students at Clayton State University. Each member must sign the required fitness center forms and return them to the reception desk.

* Alumni – rules and conditions apply. Please see the Alumni Membership for details.

Your membership also includes traditional group exercise classes. These classes are available on a first come, first served basis and will be limited by available space. Spin classes require daily sign-up. Additional information will be provided with registration. Specialty classes, when offered, will cost a fee. We reserve the right to charge for any and all group exercise classes in the future should budgetary circumstances require it.

Guest Policy

Current members are allowed to bring one guest (age 16 or older and who is not a Clayton State University student, faculty / staff member) per day, at a cost of \$5 per day. Guests may not check out equipment; however, members may

check out and are responsible for equipment used by guests. Members will be accountable for the conduct and / or damages as a result of the sponsored guests. Students who are participating in intramural games in the gym who wish to have their guests at the game must register their guests at the SAC front desk prior to the game. This is only for intramural games; no guest may utilize any part of the recreation facility without paying the mandatory guest fee.

Loss of Membership Privileges

A membership may be revoked for a variety of reasons. Clayton State University reserves the right to change or update this list as needed. The following is not an all inclusive list.

1. Failure to follow recreation center policies including poor conduct / behavior issues
2. Double swiping of Laker ID card
3. Entering Fitness Center from an illegal entrance
4. Using another individual's ID card to enter facility or giving your ID to someone else to use
5. Propping doors open using yourself or use of a foreign object

Failure to comply with policies may result in loss of privileges without reimbursement or waiver of the fee paid. Admission to the Fitness Center is a privilege, not a right, and Clayton State University reserves the right to remove and / or ban members and guests from the Fitness Center and / or the Student Activity Center if, in the University's sole discretion, such members or guests are disruptive or believed to have violated University policies.

The Front Desk Staff have the authority to enforce all of the policies for the Student Activity Center and the University while you are in the Student Activity Center. Failure to listen to them or adhere to what they say will result in you being asked to leave the facility and may result in Public Safety being contacted.

General Use Policy

All members must complete the required paperwork in order to have access to the facility. Once this is completed, permission to access the facility will be activated on your Laker Card or Fitness Center Membership Card. Members may request a **free** equipment orientation by appointment. No person under the age of 16 is permitted to use the exercise equipment in the Clayton State University Fitness Center.

A physical examination conducted by a licensed medical profession and medical clearance is strongly recommended prior to beginning an exercise program. Please see "Health Screening" listed further down in this document.

Fitness Center Amenities & Notices

- Two gymnasium courts areas for basketball, volleyball, and badminton
- Strength Training area with a full line of Cybex strength machines and free weights

- Cardio area with a full line of Cybex cardio equipment (treadmills, elliptical machines, arc trainers, bikes, rowers, stair climbers, and a versa climber)
- One Large & One Small Group Exercise Studio
- Locker rooms with showers and wardrobe lockers. Day use only. Bring a lock.
- **Surveillance Notice** - The Student Activities Center and the Fitness Center is under close video surveillance. No security cameras are located in the locker rooms.
- **Photography Notice** - The users of the Fitness Center acknowledge and understand that in some instances, professional photos will be taken of the facility as a part of general marketing which may result in you being in the photo. These photos may be used in professional publications or be placed on the web by the Department of Recreation & Wellness program promotions (including ACISports) and / or for Clayton State University.

Important Phone Numbers

- Fitness Center Information Counter: (678) 466-4971
- Administrative Coordinator (general questions): (678) 466-4976
- Fitness Center Fax: (678) 466-4977
- Fitness Testing & Personal Training: (678) 466-4975
- Intramural Sports: (678) 466-4973
- Outdoor Recreation: (678) 466-4972
- Group Exercise Classes: (678) 466-4975
- Membership Information: (678) 466-4976
- Fitness Facility Director: (678) 466-4974

Department of Recreation & Wellness Staff

Director – Cindy Lauer, MSED, LAT, ATC, ACSM-cPT

Assistant Director, Fitness & Wellness – Ms. Elizabeth Rocco, MS, ACSM-HFI

Assistant Director, Intramural Sports – Mr. Hakim Groomes, BS

Assistant Director, Outdoor Adventure & Recreation – Mr. Greg Scruggs, MS

Administrative Coordinator, Brandon Marshall

Fitness Center Hours of Operation - The hours are subject to change depending upon usage and funding.

Regular Hours of Operation:

M-R	6 am – 10 pm
F	6 am – 9 pm
Sat	10 am – 8 pm
Sun	11 am – 10 pm

Semester Breaks, Finals Week, Summer Hours – The Hours Will Be Posted Holiday Schedule

This facility will keep the same schedule as the University and will close for all major holidays. Please visit our web site at www.clayton.edu/adminservices/recwell for the most up-to-date information concerning closures.

Fitness Center Tours

Tours for the University community are available, circumstances permitting, by notifying personnel in the administrative office of the Department of Recreation & Wellness. Groups may request a special tour by calling the office (678-466-4976) at least 24 hours prior to their visit.

Telephones

A phone is located at the front reception desk in the lobby located on the ground floor; also located in each locker room and have a direct line to campus police.

The direct line to the Department of Public Safety is 678-466-4050 or 770-961-3540.

Emergency Procedures

In the event of a fire or other emergency, alarms will sound throughout the facility. Fitness Center staff members or University personnel will provide users with evacuation instructions. Individuals with disabilities and / or those who may be injured should ask any individual they see to seek a immediate assistance from a professional or student staff member. The administrative staff will be the last to exit the building.

In case of an emergency, phones are located at the front reception desk on the lower level; in each locker room on the first floor, and in the staff offices on the second floor.

Fire alarms and fire extinguishers are located conspicuously throughout the facility. Do not use the elevator in an emergency.

Automatic External Defibrillators (AED) are located on each floor of the fitness center and are marked conspicuously.

Hold Harmless Agreement

The user of the Fitness Center agrees to hold the State of Georgia, Clayton State University or the Fitness Center Administration, and their officers and employees blameless in the event of any theft or damages arising out of use of fitness center or other Student Activities Center facilities and grounds. Further, Clayton State University is not responsible for damage or loss of any article or equipment kept or left in the any area of the Fitness Center and / or the Student Activities Center during or after an event.

Assumption of Risk

Participants / guests assume a risk of injury or even death while participating in fitness and recreational activities. Participation in all activities is on a voluntary basis at the individual's own risk. All participants / guests are strongly encouraged to undergo a physical examination, consult with a physician in regard to appropriate activities for fitness level and to carry medical insurance coverage prior to participating in any physical activity. Many recreational activities and athletic programs involve substantial risk of bodily injury, property damage, and other dangers associated with participation in such activities.

The user acknowledges and understands that if s/he intends to participate in an exercise, intramural sports, and /or outdoor recreation program at the Fitness Center and acknowledges that participation in any exercise, intramural sports, and /or outdoor recreation program may involve inherent risks of physical injury, including, but not limited to, broken bones, strains, sprains, bruises, concussion, heat-related illnesses (hyperthermia), abnormal heart beats, abnormal blood pressure, and in rare cases, a heart attack, stroke, and possibly death.

It is further understood that neither the Board of Regents of the University System of Georgia nor its members institution Clayton State University (CSU) warrants or guarantees in any respect the competency, mental condition, or physical condition of any trip leader, vehicle driver, or individual participant in any athletic or recreational activity. All participation is voluntary and participants are solely responsible for any hospital or other costs arising out of any bodily injury or property damage sustained through participation in such voluntary fitness, athletic, or recreation activities including medical care and transportation by ambulance. Medical insurance is strongly recommended for all participants.

Release, Waiver of Liability, and Covenant Not to Sue

Members / guests of the Fitness Center (self, heirs, executors, administrators, and assigns) agree for the sole consideration of the enrichment expected to be derived from the exercise, intramural sports, and /or outdoor recreation program and for the consideration of Department of Recreation & Wellness Fitness Center (DRWFC) allowing my participation in the program to waive, release, hold harmless, covenant not to sue, and forever discharge DRWFC, CSU and the Board of Regents of the University System of Georgia, and their members individually, and their officers, agents and employees from any and all claims, demands, rights, causes of action, judgments costs and expenses, or other liability of whatsoever kind or nature resulting from my participation in or growing out of or in any way connected with the exercise, intramural sports, and /or outdoor recreation program either arising before, during and/or subsequent to becoming a member of the DRWFC, including but not limited to any and all, known and unknown, foreseen and unforeseen, bodily and personal injuries, including death, damage to property, and the consequences.

The facilities and activity programs offered by CSU have been designed and established to provide the optimum level of beneficial physical activity and enjoyment without compromising the health and safety of those who utilize the facilities or participate in the activities. Because of the nature of the program made available in the DRWFC and the equipment that is an integral part of many activities, there is an inherent risk of injury by any exercise activity. This results in a practical limitation being placed on the DRWFC in its effort to prevent injuries to participants, whether actively participating in physical activity, utilizing the equipment, or taking advantage of the various other facilities at CSU. The DRWFC and CSU enlists your assistance in assuring that the equipment is utilized in a proper manner so that the inherent risk that exists under the control of the DRWFC, as well as those outside the control of the DRWFC and/or partially within the control of each individual participant, are minimized by the participant's thoughtful and cautious use of both the equipment and the facilities.

In consideration of the previously stated factors, the member / guests acknowledges the existence of risks in connection with these activities, assumes such risks, and agrees to accept the responsibility of any injuries sustained by him/her in the course of his/her use of the facilities and/or the equipment. More specifically, the participant acknowledges and accepts risks in one or more of the following general areas:

1. The use of exercise / intramural sports / outdoor recreation equipment;
2. Possible injuries or medical disorders arising out of the participant's physical involvement at the facilities;
3. Accidents or injuries that occur within the facilities and outdoor venues (e.g., in the locker rooms, in the dressing rooms, in the showers, in the restrooms, outdoor fields / recreation areas);

The members / guests understands that the acceptance of this "Release, Waiver of Liability, and Covenant Not To Sue" by the Board of Regents of the University System of Georgia shall not constitute a waiver, in whole or in part, of sovereign immunity by said Board, its members, officers, agents, and employees. The participant further acknowledges the existence of and the need for certain rules and procedures concerning the use of equipment and facilities that are a part of the DRWFC and CSU. S/he agrees to abide by those rules, and to make every individual effort to assure that the equipment and facilities are kept in a safe and usable condition.

Health Screening

All individuals are strongly encouraged to have a physical exam from a licensed medical professional prior to beginning, or re-starting an exercise program. Additionally, the American College of Sports Medicine recommendations and guidelines recommend a medical clearance for men over 45, women over 55 and individuals of any age who have two or more of the following risk factors: diagnosed hypertension, blood pressure of 140/90 or greater, total cholesterol greater than 200mg/dl or HDL of 35mg/dl or lower, smoke cigarettes, impaired fasting glucose, obesity, a family history of heart disease or a sedentary lifestyle. Medical clearance is also strongly recommended for persons with cardiovascular, pulmonary or metabolic disease.

For your information and convenience, you may schedule an appointment to see a medical professional at the University Health Center and have him / her sign the release form. This option is limited to currently enrolled students and employees. While students do not pay a fee, a small health fee is charged to employees, which will cover unlimited office visits for the entire semester.

Reporting Injuries

Report all injuries regardless of how minor they may appear. A professional or student staff member will assist you by contacting Public Safety.

Open wounds are not allowed in the in the Fitness Center and must be covered appropriately before using the exercise equipment. If you are bleeding prior to, or begin to bleed during, any activity, attempt to stop the bleeding by covering the wound and applying firm pressure. Next, proceed to the fitness assistant

station or locate a member of the facility staff immediately so that the wound can be covered with a bandage prior to returning to the activity. Please notify a staff member if blood is on equipment or other facility surfaces.

For all other injuries, notify the Fitness Center staff for assistance. The University and its staff are not responsible for any injuries incurred as a result of using the equipment and / or the facilities. Participants / guests are financially responsible for all expenses related to injuries suffered and emergency care received, including medical care and transportation by ambulance. Medical insurance is strongly recommended for all participants.

Inclement Weather

Should a serious weather condition develop, (i.e.) a tornado warning, while you are visiting the Fitness Center, move away from the windows and toward the locker room area. The staff will provide additional instructions. Your full cooperation is appreciated.

Regarding any winter weather, tune to WSB radio **750 AM** or go to www.clayton.edu for updates on weather-related university closings, or call (678) 466-4000.

Fitness Center Entrances & Exits

Use the lobby entrance **ONLY** to enter the fitness facility. Use of any other exterior door is prohibited and will activate the alarm system. Failure to abide by this rule will result in a suspension of membership from the fitness facility. The second floor entrance is for the professional staff and for those with a disability.

Access to the Fitness Facility

- Access is gained on the ground level of the SAC near the reception desk. Place your Laker card or Fitness Center membership card through the card reader to activate the automatic door. You may also be asked to sign in.
- Patrons who have special needs may request assistance from the front desk receptionist.
- Any Laker Card 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.
- Members may schedule an appointment for an orientation on the proper use of the equipment. Student assistance will be walking the fitness floor and are available to assist as needed.
- All members will sign the appropriate paperwork including a waiver of liability prior to using the fitness center.

Elevators

An elevator is located off the lobby and is available for use by patrons with special needs. Please allow those with disabilities immediate access to the elevator.

General Fitness Center Policies

- **Assumption of Risk** - Participants assume all risks associated with exercising in this the Clayton State University Fitness Center. While the various areas of the facility are periodically monitored by student assistance, it is each person's responsibility to use common sense with the level of intensity and appropriateness of his/her workout.
- **Minimum Age** - Children under the age of 16 are not permitted in the Fitness Center.
- **Facility & Equipment Orientation** – Upon request, the staff (student assistant or professional) will provide a free orientation to the equipment and its general use. For a reasonable fee and by appointment, the professional Fitness Center staff will conduct a comprehensive fitness assessment, an individual exercise prescription, and / or personal training sessions for a fee.
- **T-Shirt Required** – A full length T-shirt with sleeves is required. Please see "Attire" listed further down in this document for full details about the dress code.
- **No Cell Phones** - Out of respect to fellow exercisers, cell phone use is prohibited except in cases of extreme emergency. We do not permit cell phone use on the fitness floor(s). If you have an emergency and / or are expecting a call, please leave your phone on vibrate and move to the entry corridor of the facility if you receive a call. Do not remain in the main area and talk on the phone. Cell phone use is strictly prohibited in the locker rooms in order to insure that no photos are being taken.
- **No Cameras (including camera phones)** – The use of any type of camera is strictly prohibiting in the locker rooms. This offense is punishable by law and will result in a suspension from the Fitness Center. Therefore, refrain from using cell phones for any reason in the locker rooms. As well, the unauthorized use of cameras in the remaining areas of the Fitness Center is prohibited. Please contact the Director of the Recreation & Wellness for permission in special circumstances.
- **No Food, Gum, or Tobacco** - No chewing gum, tobacco, or food allowed. Water is permitted if contained in a plastic sports bottle with a secured top.
- **Jewelry** - we strongly recommend that jewelry, which may cause injury or damage equipment, be removed. Participants will be asked to remove jewelry that presents a danger to oneself or others.
- **No Spitting** - Do not spit on the floors, walls, or in the water fountains.
- **No Profanity** – No cussing or swearing is permitted. Failure to abide by this rule will result in your dismissal from the Fitness Center.
- **Secure Belongings** - Store all personal belongings in a secured locker.
- **Max Time Limit for Equipment** - There is a 30-minute limit per individual for using cardiovascular equipment when others are waiting. Please see the Fitness Center personnel if you need assistance.
- **Clean After Use** - Clean all equipment after using. Disinfecting solution and a towel is provided at each station; we ask that you demonstrate appropriate

etiquette and clean the equipment seats, backs and hand grips after you are finished using it.

- **Do Not Spray Liquids on Electronics** - To protect electronic circuitry, spray the solution on the rag on not directly on the equipment console.
- **Comments or Concerns** - All concerns and maintenance needs should be reported to the staff person on duty or the front desk.

Attire – T-shirt Required

- **General** - In order to maintain an atmosphere that is comfortable and not intimidating to any of our patrons, appropriate fitness / sporting attire must be worn within the Fitness Center. No street clothing is permitted as it can be dangerous (confining or baggy) when exercising. Clothing with buttons (other than rubber), metal zippers, studs, or belt loops are considered street wear and are not permitted. Your waistband must remain at the waist at all times. The staff has the final say on all attire. We thank you in advance for your understanding and cooperation.
- **Upper Body** – A full-length T-shirt with full sleeves (no cap sleeves, no exposed sports bras, no exposed torso) is required at all times. **The following attire is not allowed:** Halter tops, muscle shirts, mid-drift shirts, tank tops, cap shirts, shirts with sleeves cut-off or partially cut-off. The rationale for the T-shirt policy is as follows. To:
 - ❑ maintain a comfortable atmosphere for all members regardless of fitness level, age, size, or ability
 - ❑ decrease the risk of transmitting skin infections from one person to another, i.e.) Methicillin-resistant Staphylococcus aureus (MRSA)
 - ❑ reduce the frequency of skin contact with the benches thus minimizing the spread of body oils and germs which deteriorates the upholstery
 - ❑ reduce the risk of a confrontation between a student fitness assistant and a member; since there are no doors preventing entrance of patrons from the gymnasium to the strength training area, it would be extremely difficult to allow tank tops in the gym yet require a T-shirt to be worn in the strength area
- **Lower Body** – Shorts or sweats that adequately cover your anatomy during exercise is required. Spandex pants or shorts are permissible provided that you wear a shirt long enough to cover your buttocks. **The following attire / accessories are not allowed:** Extremely short “mini or cheerleading” shorts, extra baggy shorts that do not stay at the waist, belts / buckles.
- **Footwear** - Appropriate athletic footwear (such as athletic shoes for the fitness center) must be worn inside the Fitness Center. Rubber-soled street shoes are not considered to be appropriate footwear. Proper footwear is necessary to protect individuals, as well as the facility and equipment. All turf shoes and open-toed shoes (flip-flops, sandals, etc.) are strictly prohibited in all areas of the facility except the locker room. No dress shoes permitted on the gymnasium floor.

Strength Training Area Policies

- **Machine Use** – Instructions are clearly provided on each Cybex strength machine. Please ask for additional instruction if you do not understand the instructions.
- **Safety - Spotters** are required at all stations in the free-weights area; in particular when excessive weight is lifted over one's body. Participants shall use extreme caution in moving equipment and weights to avoid potential injury to themselves or others. **Spring collars** are required on all barbells.
- **Do Not Drop Any Weights** - The machines and weights should be used with care. Dropping dumbbells and weight stacks can cause injury, equipment damage, and facility damage.
- **Return Equipment** - Users must return bars / weights to their proper storage racks.
- **Time Limits** - Users should be courteous to others by limiting the length of their workout at a single station and by observing posted time limits when others are waiting.
- **Machine Pins** - Users should only use the machine pin designed for the machine they plan to use. 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.
- **Broken Equipment** - If weights, pulleys or other parts become jammed, users should not attempt to free them without staff assistance. Report the problem to the Front Desk staff.
- **Inspections** - Users should always inspect the equipment for loose, frayed or worn parts before using. If in doubt, do not use the equipment and report the problem to a staff member.
- **Keep Body Parts Clear** - To reduce the chance of injury, users should keep head and limbs clear of weights and moving parts at all times.
- **Do Not Move Stations** - The weight stations are to remain at the original location.
- **Keep Walls Clear** - Weights are not to be propped against the walls, pillars or mirrors due to the risk of damage or injury.

Gymnasium Policies

- **Open Gym** - The Gymnasium is available for open recreation as long as there are no standing reservations for the gym (intramural, club, or clinic use).
- **Volleyball & Badminton** - For equipment set-ups, please contact the Fitness Center at 678-466-4971 in advance of your requested time.
- **Facility Damage** - Abuse of the facility is prohibited and abusers will be financially responsible for damage, (hanging on the rims, etc.).
- **Non-Marking Shoes ONLY** - Non-marking tennis or basketball shoes are required.

Group Exercise Studio Policies

- **General Use** – The studios are available for use when a schedule class is not in session. Student groups may reserve a studio by contacting the Director of Recreation & Wellness.
- **Attire** - Traditional “aerobic” attire is permitted, however, before leaving the exercise studio, you **MUST** wear a T-shirt and have sports bras and / or exposed mid-drift areas fully covered.
- **Pilates Equipment** – The use of a Pilates Reformer allowed only with the Pilates instructor present.
- **Group Exercise Equipment** – The use of balls, bars, mats, etc., is permitted. The equipment must be cleaned and returned to its proper location after use.

Tennis Courts Policies

- **General Use** – The tennis courts are under the operational control of the Department of Athletics. There are no lights for evening play.
- **Availability / Reservations** – The tennis courts are available on a first-come, first-served basis except when in use by the Clayton State University tennis team or other scheduled event, or by the Department of Recreation & Wellness intramural program. To schedule a time, please call (678) 466-4971.
- **Check-In Procedures** - Please check-in at the SAC reception desk prior to going to the courts.
- **Facility Damage** - Abuse of the courts / nets is prohibited and abusers will be financially responsible for damage.
- **Non-Marking Shoes ONLY** - Non-marking tennis shoes are required.

Equipment Check Out

No outside basketballs permitted. You may check one out. A limited supply of recreation equipment is available for use. Visit the front reception desk to obtain item(s). A current Laker Card must be presented in order to check out equipment. Any lost or damaged equipment must be paid for at the front reception desk. The available equipment includes:

- basketballs
- volleyballs
- tennis racquets
- badminton racquets
- shuttlecocks

Lockers

- **Wardrobe Lockers**

Both half- and full-sized lockers are located in the locker rooms and are available for day use only. Lockers are **NOT** available to rent. Participants must provide his / her own lock and it must be removed at the conclusion of

the day's workout. Any locks remaining on lockers at the close of business will have the locks cut off. The contents of lockers will be stored at the Fitness Center and charged a storage fee of \$5. Unclaimed contents will be donated to charity after 14 days.

- **Day-Use Lockers**

Day-use lockers are available at the end of the basketball court and on the second level near the offices. Users must insert a quarter, remove the key and insure its safe-keeping. Upon returning to the locker, insert the key, retrieve the quarter that is returned and remove personal belongings. Any unclaimed contents will be donated to charity after 14 days. The storage fee is \$5.

Towels

Hand towels are provided throughout the facility for the purpose of wiping down the machines after use. No individual work out towels or bath towels will be provided. Patrons are encouraged to bring their own bath towel for showering.

Lost & Found

Clayton State University is not responsible for lost or stolen articles. Do not bring valuables to the facility. The Lost & Found is located at the front counter. All "non-valuable" items will be held for 14 days, and then discarded or donated. "Valuable items" will be kept for one day and then turned over to the University Police, 678-466-4050. **Always secure your belongings in a locked locker, even when in the shower. The Department of Recreation & Wellness staff is not allowed to hold valuables for users.**

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- Failure to follow recreation center policies including poor conduct / behavior issues
- Double swiping of Laker ID card
- Entering Fitness Center from an illegal entrance
- Using another individual's ID card to enter facility or giving your ID to someone else to use
- Propping doors open using yourself or use of a foreign object

Failure to comply with policies may result in loss of privileges without reimbursement or waiver of the fee paid. Admission to the Fitness Center is a privilege, not a right, and Clayton State University reserves the right to remove and / or ban members and guests from the Fitness Center and / or the Student Activity Center if, in the University's sole discretion, such members or guests are disruptive or believed to have violated University policies.

The Front Desk Staff have the authority to enforce all of the policies while you are in the Student Activity Center. Failure to listen to them or adhere to what they say will result in you being asked to leave the facility.

Athletics Program Use

No organized team practices (with the coach present) are permitted within the confines of the fitness facility. Arrangements may be made in advance with the Director should a team need to utilize a basketball court or group exercise studio in a special circumstance, i.e.) rainy day practice, post-season tournament, etc). No fee would be assessed unless it was determined that damage occurred during the time the team occupied the facility.

Academic Program Use

Courses for academic credit will **NOT** be permitted on a regular basis. Special circumstances could arise where a request could be made to use a group exercise studio during the non-peak hours of student use and with prior approval from the Director. At no time will the general student population be prohibited from using the space regardless if an academic class is in session. Should the Fitness Center professional staff supervision be required to oversee a course, a fee will be charged to the academic department. A clean-up fee will be assessed if the facility is not restored to its pre-use condition and / or damage occurs to the facility or equipment.

Outside Community – Group Use

No non-affiliated community groups will be permitted during the first year of operations in order to determine the student's patterns of use. However, once the "dead times" are identified, various areas of the facility will be rented as long as it would not directly interfere with scheduled campus activities or student use. A contractual agreement and proof of liability insurance will be required and include fees to cover student-staff coverage / professional staff coverage for the event and a non-refundable cleaning / damage deposit.

Conference / Camp Guest policy

Adults (aged 18 and over) who are participating in a conference or camp at the university may purchase a guest membership for \$5 per day or \$25 per week. Group exercise classes are excluded. Those who would like to participate in group exercise classes will need to pay \$10.00 per class.

Conference or camp sponsors may arrange for 16 & 17-year-old conference participants to use the fitness facilities for a designated time period, for a fee to be negotiated. Conference sponsors must provide adequate supervision of participants.