Fitness Center

General Facility Use Policies

2017 – 2018
GENERAL FACILITY USE POLICIES

As with any physical activity, strength and cardiovascular training involves an element of risk. The following recommendations will help insure that training is safe and productive as possible.

- The Fitness Center is open to use for all students, faculty, and staff.
- All participants must have a valid Meredith College ID.
  - Participants must bring their ID will have it scanned upon entry.
  - IDs that do not look like the person presenting them or have poor picture quality will not be accepted.
    - Fitness Center employees reserve the right to determine the picture quality of an ID card.
    - Fitness Center employees have the right to confiscate an ID if they feel the person presenting the ID is not the person on the ID.
  - IDs that are broken will not be accepted.
  - Driver’s License, Temporary ID’s, Military ID’s, and class schedules will not be accepted as a form of ID.
- Prior to participation, all patrons must complete a waiver form.
- Prior to embarking on any strength and/or cardiovascular program, it is recommended to consult with a physician.
- To minimize the change of injury:
  - Do not lean on the weight stack or other moving parts
  - Keep clear of safety catches, cables, and pulleys
  - Use proper form and technique
  - Follow directions on all equipment
- Responsibility for supervision of the facilities rests with Fitness Center staff or designee. Harassment or disregard of the directions provided by the staff will result in immediate ejection from the facility and may result in additional disciplinary action.
- Fitness Center equipment is available for Meredith College patrons on a first-come, first-serve basis.
- Individuals may not use facilities for personal coaching, personal training, or instructional purposes.
- Organized activities other than those approved by the Fitness Center Director are prohibited.
- Only clean, closed-toe, closed heel athletic shoes with non-marking soles are permitted in the activity areas.
- Spitting is not allowed in the Fitness Center.
- Appropriate exercise clothing is required in all activity areas.
- All patrons are expected to conduct themselves in a friendly and sportsmanlike manner.
The Fitness Center is not responsible for any loss or damage to personal property. Patrons are highly encouraged to not bring valuable items to the Fitness Center. Thefts should be reported to a staff member immediately.

All drinks, including water, must be in a re-sealable container.

Glass containers are not permitted.

Tobacco, food, chewing gum, cans, alcohol, drugs, and banned substances are not permitted.

Requests for approval to post flyers, signs or posters are directed to the Fitness Center Director.

Anyone requesting to take photographs or video in the Fitness Center must request permission from the Director.

Scheduled activities and classes within the facility have priority to equipment, however, the facility will not be closed to those not in the class or activity at that time.

Bicycles are not permitted inside the Fitness Center. Bike racks are available for your convenience outside.

The Fitness Center reserves the right to implement any guidelines that protect the health and safety of the facility and its users.

Bumper plates are required on the platforms for all power exercises.

The following are prohibited in all facilities:
- Metal cleats
- Pets (service pets are allowed)
- Guns, weapons, fireworks
- Glass containers
- Alcohol, tobacco, illegal drugs
- Golf, or any activity that could damage playing surface
- Unauthorized wheeled vehicles
- Skateboards or any skating equipment
- Unauthorized food/beverages
- Unauthorized use of the facility

**CONTACT INFORMATION**

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