FITNESS CENTER

GENERAL USE POLICIES
GENERAL 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.
   o Participants must bring their ID will have it scanned upon entry.
   o 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.
   o IDs that are broken will not be accepted.
   o 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 chance of injury:
   o Do not lean on the weight stack or other moving parts
   o Keep clear of safety catches, cables, and pulleys
   o Do not throw med balls to anyone or against the wall
   o Use proper form and technique
   o Follow directions on all equipment
➢ Bumper plates are required on the platforms for all power exercises.
➢ Do not stand on equipment or storage units, cubbies, etc.
➢ Fitness Center equipment is available for Meredith College patrons on a first-come, first-serve basis.
➢ Only Lowery Fitness Center personal trainers may personal train participants in the facility. No outsider personal trainers are allowed.
➢ Organized activities other than those approved by the Fitness Center Director are prohibited.
➢ Scheduled activities and classes within the facility have priority to equipment.
➢ The following are prohibited in all facilities:
   o Metal cleats
   o Pets (service pets are allowed)
- Guns, weapons, fireworks
- Glass containers
- Tobacco, food, chewing gum, cans, alcohol, drugs, and banned substances
- 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

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

➢ All patrons must wear appropriate exercise apparel which includes a shirt or razorback tank top with respectful coverage. Only clean, closed-toe, closed heel athletic shoes are permitted in the activity areas.

➢ All patrons are expected to conduct themselves in a friendly and supportive manner.

➢ 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.

➢ 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.

➢ 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.

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

CONTACT INFORMATION

FITNESS CENTER FRONT DESK
Phone: (919) 760-8496

FITNESS CENTER DIRECTOR
Dr. Heather Sanderson
Email: hlsanderson@meredith.edu
Phone: 919-760-8152
Office: 118 Martin Hall

STUDENT SUPERVISOR
Demonica Stanley
Email: ddstanley@email.meredith.edu
Phone: 252-509-9359