



## SAC 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.

1. **Everyone must present a current Clayton State University ID or membership card EACH visit.**
2. All new members **MUST** complete required forms prior to using the facility.
3. No one under 16 permitted.
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 full-length sleeves must be worn at all times. No cap sleeves permitted.**
  - ◆ 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.
7. No Olympic lifts or power lifts permitted in open floor area. All power lifts must be performed inside the rack.
8. Use a spotter for any heavy lifts over your body.
9. Return all weight plates, dumbbells, and barbells back to their respective weight trees and racks.
10. Return weight benches to their proper places.
11. Use cleaning solution to wipe down cardio equipment and benches after use.
12. Report broken machines or equipment to the fitness assistant on duty.
13. **No talking on cell phones on the fitness floors /gym. Cell phone use is permitted in the entry corridor **ONLY**.**
14. By signing this form at the desk, 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.
15. The following is **Prohibited**:
  - a) **No gum, food, or sports drinks – Only water allowed**
  - b) **No use of cell phone for any reason inside the locker room**
  - c) **No Personal Training permitted**
  - d) No gym bags / back packs permitted on the fitness floors. Secure belongings in a locker.
  - e) No loitering on the fitness floors
  - f) No smoking or tobacco products
  - g) No yelling, profanity, or fighting
  - h) No dropping or slamming of weights
  - i) No use of weight machine benches for free weight work if others are waiting
  - j) No bouncing balls or throwing balls outside the gymnasium. No kicking balls against the wall/curtain.
  - k) No dunking or hitting the rim
  - l) No use of multiple stations at one time if others are waiting on equipment
  - m) No use of equipment for purposes which it is not intended
  - n) No use of belts of any kind on upholstered benches
  - o) No unauthorized photos or videos may be taken. You must obtain written permission from the Director.