Apparel Policy
for McNiff Fitness Center

For the courtesy and modesty of all users, proper athletic clothing and tennis shoes are required at all times. This is defined as:

- Full-length shirts covering the midriff and reaching past/below the waist of the bottoms/pants/shorts.
- Shirts cover all areas of the skin that may come in contact with fitness equipment, including the back.
- Sleeveless shirts cut below the chest/nipple for men and below the sports bra line for women are not permitted. Shirts with the backs cut out are not permitted.
- Shorts must fully cover the buttocks and upper thigh; “booty” and “boy-cut” shorts are not permitted.
- Tennis/athletic shoes with full coverage of the foot are required.
- Sandals, flip flops, open-back, open-toed, street shoes and boots are not permitted.
- Barefoot or shoeless weightlifting is not permitted.
- NO clothing with rivets, such as cargo pants and jeans.

Why Your Apparel Matters

- Germs are everywhere in gyms.
- Open wounds are a great place to catch and spread bacteria or germs. If you have any open wounds be sure to have a Band-Aid or ask for one if you do not have one.
- A bacteria called MRSA (methicillin-resistant staphylococcus aureus) is found in recreational facilities. MRSA is a version of the common staph bacteria. Wearing clothing that covers skin helps protect you and the machines from the spreading of MRSA. Thorough hand washing and bathing can eliminate your risk.
- Clothing that does not meet our defined items can be a safety risk for patrons. Loose cut-off T-shirts may catch on equipment, rivets and buttons may damage equipment upholstery, and shoes not meant for exercise may pose a trip hazard.
- We welcome students, faculty, staff and alumni regardless of race, ethnicity, religious beliefs, sexual orientation and age 18 to 100 to enjoy our fitness facility. In order to maintain a modest and comfortable environment for all users, we ask for your full compliance on this important policy.

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