McNiff Fitness Center Policies

1. ALL patrons MUST present a valid Spartan ID card for entry and re-entry into the McNiff Fitness Center, as defined in Article 6 of the Student Code of Conduct.
2. Proper athletic clothing and shoes are required. Denim, or clothing with rivets, such as cargo pants, is prohibited as it may damage upholstery. Sandals, flip flops, Crocs, open-toed shoes, street shoes and boots are also prohibited. Full-length shirts must be worn at all times and should cover all areas of the skin which may come in contact with fitness equipment.
3. Cell phone use while on any equipment is a safety hazard and strongly discouraged.
4. Personal property is not permitted in any of the workout areas of the fitness center. All bags, keys, phones, etc. are to be placed in the storage cubbies or in the locker room lockers. Personal items shall not be left at the front desk. The Department of Campus Recreation is not responsible for lost or stolen property.
5. No food, gum, or tobacco products are allowed in the fitness center. Water and sports drinks will be permitted in CLOSED plastic containers.
6. Alcoholic beverages or illegal drugs may not be consumed prior to or while using the facility and outdoor courts.
7. Patrons are required to wipe down equipment after use with the disinfectant spray and towels provided.
8. Equipment is available for checkout with a valid Spartan ID card. Equipment checkout privileges may be revoked if misuse occurs. Patrons who fail to return checked-out equipment by facility closing time will be charged a replacement fee to their Bursar’s account. Charges will reflect the cost of the unreturned item.
9. Equipment shall not be removed from the fitness center at any time, for any reason, unless it is an outdoor sport ball available for checkout at the front desk.
10. Patrons should report any injuries or facility/equipment malfunction to the fitness staff on duty immediately.
11. Personal training by anyone other than McNiff Fitness Center personal training staff is strictly prohibited. If a patron is found to be training his or her own clients, he or she will be reported to the University and asked to leave the facility immediately. Usage of the McNiff Fitness Center may be revoked for those involved.
12. Use of the McNiff Fitness Center is a privilege and patrons are expected to exhibit proper conduct and respect the rights of others. Individuals who engage in unacceptable, unsafe or irresponsible behavior may have their access to facilities revoked and/or be subject to further University disciplinary action.

Weight Room Policies

1. All dumbbells, bars, and free weights must be returned to their proper place/rack immediately after use BY THE USER, to sustain an organized and safe workout environment.
2. Please do not drop weights on the floor or release machine weights to “free fall” into their original position. The flooring is not spring board floor and cannot accommodate such drops.

3. Spotters are encouraged on heavy lifts. A fitness staff member will spot anyone in need of a spotter upon the request of the patron.

4. Olympic and explosive weight training is PROHIBITED. The fitness staff reserves the right to ask patrons to discontinue any lifting fitting this description.

5. Water and sports drinks must be in closeable containers with the lids intact. Any spill should be immediately reported to the fitness staff and cleaned up by the patron.

6. There is to be no alteration of equipment of any kind that results in using a machine differently than intended. This prohibits: adding weight to weight stacks, using attachments or bars on equipment without cables, placing weight underneath a bench to raise it, wrapping tape on handlebars, moving equipment that is not on wheels, dropping weights. The fitness center staff will not be responsible for any injuries resulting from misuse of equipment and patrons will be charged for any broken equipment resulting from misuse.

**Cardio Floor Policies**

1. There is a 30-minute time limit on all cardio equipment when patrons are waiting. The fitness staff reserves the right to ask patrons to discontinue use of a machine when the 30-minute limit has been exceeded.

2. Cell phone use while on a machine is a safety hazard and strongly discouraged. The fitness staff reserves the right to ask patrons to leave the cardio floor while on the phone and will not be held responsible for injuries that result in cell phone use.

3. Personal items such as keys, phones, and bags are not permitted on the floor and should be placed in the storage cubbies or the locker room lockers.

4. Patrons are required to wipe down equipment after use with the disinfectant spray and towels provided. Sweat on the machine and around the floor should be cleaned up by the user.

5. Please report any equipment malfunctions to the fitness staff immediately.

**Studio Policies**

1. Participants who are more than 10 minutes late will not be permitted to class for courtesy and safety reasons.

2. Please turn off all cell phones or place on silent mode during classes. Phone calls and texts are not permitted during classes. Personal media players are not to be used during classes.

3. Food, candy, or beverages other than water and sports drinks are not permitted. Water and sports drinks must be in closeable sport bottles.
4. To prevent the spread of bacteria, patrons should clean their equipment and mats with the disinfectant spray and towels provided.
5. Flip flops, sandals and bare feet are permitted during yoga and Pilates classes only.
6. SPINNING® bikes are meant for use during scheduled classes with the supervision of a certified instructor. Use during all other times will not be permitted.