

# Fitness & Recreation Center

## General Policies

1. ALL patrons MUST present a valid Spartan ID card for entry and re-entry into the Fitness Center, as defined in Article 5 of the Student Code of Conduct. <sup>i</sup>
2. General access into the facility may be limited or restricted during intersession, holiday breaks, or special reservations or rentals.
3. Access into the facility is only available during designated periods when Campus Recreation staff is present. Any unauthorized use during unsupervised periods is considered trespassing.
4. All users, regardless of type of membership, must be at least 16 years of age.
5. For an individual to purchase a guest pass, the sponsor MUST be present with guest at the time of the transaction.
6. Proper athletic clothing and close toed shoes are required to be worn at all times. 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.
7. Personal property is not permitted in any of the workout areas of the fitness center. It is strongly recommended all personal items including, keys, phones, bags, backpacks, etc. are to be placed in the storage cubbies or in the bathroom lockers. Personal items shall not be left at the front desk. The Office of Campus Recreation is not responsible for lost or stolen property.
8. No food or gum is permitted on the fitness floor. Water and sports drinks are allowed on the fitness floor but they must be in a sealed container; disposable cups are not permitted.
9. No alcohol, illegal drugs, tobacco, weapons, or pets (excluding the use of service animals) are permitted in the facility.
10. Patrons are required to wipe down equipment after use. Complimentary sanitizing wipes are located throughout the facility.
11. 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. If a patron does not pay for the damaged or lost equipment, their membership or guest privileges will be revoked until payment has been received.
12. Fitness equipment shall not be removed from the fitness center at any time, for any reason, unless it is by a Campus Recreation employee.
13. Patrons should report any incidents, injuries, or facility/equipment malfunction to the fitness center staff on duty immediately.
14. Photography and audio/video recording is prohibited throughout the facility without prior approval from a professional staff member.
15. Personal Training sessions conducted by anyone other than UT Fitness Center Personal Training staff is strictly prohibited. If a patron is found to be training their own clients, they will be reported to the University and asked to leave the facility immediately. Access to the Fitness Center may be revoked for those involved.
16. Use of the 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.

## **Fitness Floor Policies**

1. Dropping or slamming weights is prohibited. Users must return bars/weights and fitness equipment to their designated location after use.
2. Free weights are to remain in their designated areas and may not be brought into other areas in the facility.
3. Participation is voluntary and users lift at their own risk. If in doubt, consult a physician before exercising or consult a fitness staff member prior to using any equipment.
4. Olympic and/or explosive weight training is prohibited. The fitness staff reserves the right to ask patrons to discontinue any lifting activities fulfilling this description.<sup>ii</sup>
5. The use of chalk, liquid chalk or tacky is strictly prohibited.
6. Alteration of equipment that results in using a machine differently than intended is prohibited.
7. Cell phone usage (talking, messaging, etc.) is not permitted while using any machines or equipment.

## **Studio Policies**

1. Participants who are more than 5 minutes late will not be permitted to join 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.
3. Users are required to wipe down mats after use. Complementary sanitizing wipes are located in the group fitness studio for use.
4. Flip flops, sandals and bare feet are permitted during Barre, Pilates and Yoga classes only.
5. Indoor cycling bikes are meant for use during scheduled classes with the supervision of a certified instructor. Use during all other times will not be permitted.

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<sup>i</sup> Article 5- Identification

5(a): All students are expected to correctly identify themselves at all times and present this information courteously upon request by a University official or by a law enforcement officer.

5(b): A University I.D. card is to be used only by its owner. This card may not be loaned, sold, fabricated, altered, or transferred.

5(c): The possession of any identification issued to someone else can be considered a violation of the identification policy.

5(d): The State of Florida considers the possession, manufacturing, and use of fake identification cards a felony.

If a patron commits any of these violations, Campus Recreation reserves the right for immediate disciplinary actions. These actions could result in suspension from the facility or revocation of membership and access to all departmental facilities and programs.

<sup>ii</sup> Olympic weightlifting or explosive weight lifting includes lifts such as the snatch, clean and jerk. Other variations such as the power snatch, power clean, power jerk, hang snatch, hang clean are also strictly prohibited.