

8205 FITNESS CENTER RULES AND REGULATIONS

Dress Code

A dress code has been established for the comfort and safety of all of the participants and for the care of the equipment.

Please observe the following guidelines. The determination of appropriate dress will be left to the discretion of the Fitness Center Manager. If your attire is determined to be unacceptable, you will be asked to change before exercising.

- Shoes required (Tennis, Jogging, Walking, Aerobic etc.) (No sandals, boots, or open toe shoes permitted)
- Shirts required (No half shirts, sports bras, loose fitting tank tops, open back tops, or midriff tops)
- Athletic or Jogging shorts, sweats, or warm-ups.
- Absolutely no street clothing with rivets, buttons, zippers or belts.

The intent of this dress code is to maintain a comfortable atmosphere for everyone. We urge you to speak with the Fitness Center Manager if you have any questions or concerns about this policy or what you or someone else is wearing for work out.

It is also the intent of this dress code to decrease the chance of transmitting diseases such as impetigo, ringworm, staph infections, MRSA, etc. through body contact on the pads. It is also to ensure proper care of the exercise equipment.

Music, Listening Devices, and Cell Phones

Participants may use personal listening devices. The Fitness Center Manager regulates the music in the Fitness Center. Music that includes any type of foul language is not to be played.

Cell phones may not to be used in the “work-out area” of the Fitness Center.

Food and Drink

No food or drink is permitted in the Fitness Center. If you do bring your own water, please use a sport bottle or similar spill proof container.

Personal Items

Personal items such as book bags, backpacks, coats, sweats, etc. are not permitted on the floor of the Fitness Center and should be placed in lockers if available. Participants are encouraged to leave valuables at home. The Fitness Center and the building owner are not responsible for lost or stolen items.

Emergencies

- In the event of an emergency within the Fitness Center, notify the Fitness Center Manager immediately, and follow their instructions, or call 9-1-1.

- If you have an injury or adverse reaction to exercise, please alert the Fitness Center Manager so he may contact emergency services to assist you. The Fitness Center Manager is required to call 9-1-1 in case of an emergency.

Strength Equipment

Please use extreme caution when using all strength equipment. Please do not drop or slam free-weights or medicine balls on the floor. Always put the free weights away when finished using them. When using selectorized cable equipment, please do not allow the weights to drop heavy or hard on the weight stack. Be courteous to others and allow them to work in.

Miscellaneous Equipment

Do not use any equipment that you are not familiar with. Please return all exercise equipment to its respective locations when finished using. Use with extreme caution every time. Removal of any equipment from the Fitness Center is strictly prohibited.

Fitness Center General Policies

The Fitness Center is a controlled access facility. Only Cleveland Chiropractic College students and employees and patients of F.I.T. Muscle & Joint Clinic are permitted entry. Responsibility for general supervision of Fitness Center rests with the Fitness Center Manager.

Profane or indecent language is inappropriate.

The Fitness Center Manager will ask you for your Cleveland Chiropractic College photo identification card (if you are a student or employee of Cleveland Chiropractic College) and require you to sign a log when you are admitted and when you leave.

The possession or use of alcohol, tobacco products, or illegal drugs is prohibited.

Fitness Center Hours and Availability

Monday, Tuesday, Wednesday and Thursday from 6:00 a.m. – 8:00 p.m.;

Friday from 6:00 a.m. – 5:00 p.m.;

Saturday from 8:00 a.m. – 12:00 noon.