



## HEALTH AND WELLNESS CENTER RULES AND REGULATIONS

\_\_\_\_\_ (INITIAL)

### Facility Usage

- The Fitness Center and Gymnasium may be used by all BHCC students, staff, and faculty. **GUESTS ARE NOT PERMITTED.** All users are required to follow the information outlined in this document.
- You must complete the Membership Agreement and Acknowledgement of Risk Form and take part in a brief (15-20 min) orientation PRIOR to using the Fitness Center or Gymnasium. Orientations are offered every half hour.
- You must present a valid BHCC ID every time you visit. **NO CARD, NO ENTRY!** All students must be registered in the current term.
- All users must sign in on the ledger provided. **PLEASE** print name and student ID legibly. Do not use initials.
- Emergency Exits are for **EMERGENCY EXIT ONLY.** All users must enter and leave through the main entrances only.

\_\_\_\_\_ (INITIAL)

### Risk and Liability

- The college assumes no responsibility for any injury that may occur. **USE EQUIPMENT AT YOUR OWN RISK.**
- The college assumes no responsibility for lost or stolen items.

\_\_\_\_\_ (INITIAL)

### Dress Code, Lockers, and Personal Items

- Shirts and shoes (non-marking soles) must be worn at all times. No bare feet or socks. Boots, jeans, dress shoes, flip flops, etc. are not permitted.
- All bags, jackets, and personal belongings are prohibited in and around the fitness center and gymnasium and must be stored in a locker.
- G-Building lobby lockers are for use while in the fitness center ONLY. Users can obtain a key in the Fitness Center. Gymnasium users must provide their own lock and secure belongings in the locker room. No overnight storage.
- Showers are available for use in the locker rooms. Users must provide their own towels and personal hygiene products. Turn off showers after use.
- Staff is not allowed to hold money/valuables for users. **NO EXCEPTIONS.**

\_\_\_\_\_ (INITIAL)

### Conduct and Behavior

- All students must abide by the Student Code of Conduct.
- No foul language or inappropriate behavior.
- No spitting on the floor or in water fountains.
- No food or drink in the gymnasium. Only capped water bottles in the fitness center.
- No loitering.
- Dispose of trash, paper towels, and gym wipes in the appropriate receptacle.
- Headphones must be worn to listen to personal music.
- Observe proper personal hygiene by showering regularly, and wearing clean clothing.

\_\_\_\_\_ (INITIAL)

### In the Fitness Center

- Read the instructions for each machine to identify targeted muscle group and proper set up.
- Remove weight plates from bars and/or return dumbbells/weights to rack after use.
- Wipe down equipment after use.
- Spotters are required on applicable exercises.
- Do not drop weights.
- End clamps must be used on barbells. **NO EXCEPTIONS.**
- Report to a staff member any machine that may need repair.
- If unclear about machine usage, please ask a staff member.
- Only BHCC equipment may be used in the center. No outside equipment/weights/ropes.

\_\_\_\_\_ (INITIAL)

### In the Gymnasium

- Dunking is not allowed.
- No hanging on rims, backboards, support systems, railings, doors, etc.
- Do not pull out the bleachers or sit on the top when they are pushed in.
- Winning teams may stay on the court for no more than two consecutive games if others are waiting.

**I have read and understand the rules and regulations in this document. I also understand that non-compliance will result in disciplinary action, including but not limited to suspension of access to the fitness center and/or gymnasium.**

Signed: \_\_\_\_\_

Date: \_\_\_\_\_