

## UMW FITNESS CENTER GUIDELINES

- All fitness center participants must be 16 years of age or older.
- Upon entering the Fitness Center, all patrons are required to check in at the welcome desk and present a valid UMW ID or complete a daily guest pass to gain admittance.
- All guests must present a valid photo ID, complete a guest pass to gain admittance to the Fitness Center and must be accompanied by an eligible user of the Fitness Center at all times. Guest passes will be distributed only Thursday through Sunday.
- Food, beverage, and gum are not permitted in any exercise area with the exception of plastic water/beverage bottles with lid or controlled spout.
- **Only water** is allowed on the floor of the Fitness Center
- For safety reasons, clothing, bags and other equipment not used during exercise should be stored off the floor and away from the exercise area. The Fitness Center assumes no responsibility for lost or stolen articles. Patrons are strongly encouraged to keep personal belongings in a locker and not place their belongings in the lobby of the center.
- Patrons under the influence of alcohol and/or drugs will be asked to leave the facility, will be referred to the appropriate administrators and may have privileges suspended.
- Patrons are required to wear clean, scuff-resistant, non-marking soled, full-toed shoes (**no sandals, CROCS, flip flops, etc.**) while using the facility. Turf shoes, cleats, stocking feet, moccasins, and bare feet are not allowed in the Fitness Center.
- Patrons are expected to comply with policies and safety instructions provided by Fitness Center staff.
- Weight lifting hand **chalk is prohibited** in the Fitness Center.
- Blocking or restriction of emergency exits is prohibited.
- Emergency telephones and exits located in the facility are for emergency use only. Unauthorized use will result in disciplinary action.
- Any damaged equipment should be reported to the Fitness Center staff and use of the equipment should be discontinued until repaired. If the problem cannot be readily fixed, the equipment will be placed off-line until repairs can be made. It is important that all equipment be maintained in a safe and operational mode.
- Tobacco use is not permitted in the Fitness Center.
- For safety reasons, necklaces, and other jewelry should not be worn during any activity. Street clothing is not generally permitted during exercising as it can be dangerous, confining, and can damage equipment. Wearing of appropriate athletic attire, such as T-shirts, shorts, warm-up suits, sweat suits, or aerobic clothing, is required of participating patrons at all times throughout the facility.
- Equipment should be wiped clean following use with the provided wipes. The Fitness Center does not provide towels.
- Weights should not be dropped, stood on, or leaned against the walls, pillars, equipment, or mirrors.
- Extreme caution should be used in lifting weights to avoid any potential injury. Top loading additional weights onto existing weight stacks is unsafe and is prohibited.
- To avoid congestion and waiting in lines, patrons should allow others to “work in” while using weight equipment. Please use courtesy and consideration for others when using weight equipment. When using the cardio equipment, please limit use on any piece of equipment to no longer than 60 minutes, 30 – 45 minutes during peak usage hours.
- Photography and videography are strictly prohibited in the Fitness and Wellness Center without approval from the Director of the Fitness Center.

