



Fitness Center Code of Conduct

The *Fitness Center* is a place to learn about, and put into practice, healthy behaviors and activities.

The *TCC Fitness Center* is open to all students, faculty and staff of Tacoma Community College. Our goal is to create a SAFE and enjoyable exercise environment for our diverse population. We ask that all users of the *Fitness Center* abide by our simple *Code of Conduct*.

Please read and sign the **Assumption of Risk & Release of Liability** before you begin your workout.

The *Fitness Center* is open to current TCC students, faculty, and staff only.

TCC Fitness Center staff/faculty has the right to enforce policies or remove individuals from the Fitness Center to ensure a safe and welcoming environment. The Fitness Center is a classroom – treat the facility and others using it with respect. Facilities and equipment must be used for intended purposes only.

OPEN USE hours are posted. OPEN USE hours are available for TCC students, faculty, and staff use. During scheduled CLASS time only students enrolled in that class will be allowed to use the *Fitness Center*.

FOR DISABLED USERS – Users with disabilities should contact TCC’s Access Services Office for information and assistance with reasonable accommodations.

ONLY ATHLETIC APPAREL IS ACCEPTABLE ATTIRE FOR WORKING OUT IN THE FITNESS CENTER.

SHOES

Acceptable..... Athletic shoes (closed-toe), 5-finger shoes

Unacceptable.....All other shoes; such as dress shoes, sandals (Keens, Crocs, flip-flops, etc.), boots

Please be sure that your footwear is clean before entering the facility. This helps to keep the facility clean and causes less damage to the facility and equipment.

TOPS

Acceptable.....T-shirt, sweatshirts, sleeveless shirt, female workout tops.

Unacceptable.....Bare chest, sports bra, chest/stomach exposing tops, large open space under armpit

BOTTOMS

Acceptable.....Workout pants, shorts

Unacceptable.....Slacks, cut offs, jeans, cargo shorts or pants (no buttons, zippers, etc.)

Water is allowed in a sealed, non-glass container; all other food and drinks are prohibited.

Taking photos/videos on a cell phone is prohibited. If you need to send or receive an urgent call we ask that you be courteous and go in the hallway outside the *Fitness Center*.

Personal belongings including coats, books, bags, backpacks, etc, may not be left near fitness equipment. All items should be left in the cubbies provided in the *Fitness Center* or locked in a locker or car.

Tacoma Community College is not responsible for lost or stolen items.

Patrons are subject to all TCC policies and procedures, and as a reminder these include the following:

NO Swearing abusive language, fighting, sexual, or other harassment.

NO Tobacco products, alcohol, drugs, or any kind of weapon.

NO Bicycles, roller skates, roller blades, skateboards, etc...

NO Animals with the exception of service animals.

PLEASE:

- Do not drop weights. Return weight stacks to the starting position without slamming them down.
- Store weight plates, dumbbells, barbells, mats, and other items in their appropriate storage areas after use. Failure to do so may result in revocation of *Fitness Center* privileges.
- Weights are not to be left on the floor or leaned against walls, mirrors, or equipment.
- Collars must be used for barbells at all times.
- Limit your time on cardio machines to 30-minutes during busy times.
- To protect the equipment and improve sanitation, all participants are asked to use the cleaning wipes and to wipe off equipment after use. Cleaning stations are provided throughout the facility. Do not spray disinfectant directly on video or digital display panels.

Cardio exercise is healthy but can be abused. Based on one's health condition, excessive or intense exercise can be unsafe. You are encouraged to get a physical exam prior to engaging in vigorous exercise. Always workout at your own fitness level.

Report damaged or defective equipment to Fitness Center staff immediately.

Do not remove any signage for damaged or out of order equipment. Do not use any equipment that is labeled "Out of Order."

Equipment must remain in designated areas and be used for intended purpose

There is risk of personal injury in all physical activity. Be aware that you participate voluntarily and assume sole responsibility for your own medical and/or emergency needs.

Failure to follow these guidelines may result in removal from the *Fitness Center* and possible revocation of *Fitness Center* privileges. We reserve the right to deny facility use to anyone who refuses to comply with these policies.