

# Atlanta Metropolitan State College Fitness Center Policies and Procedures

These policies have been adopted to protect all users' right of access to the facility, to ensure the health and safety of all patrons, and to protect the facility and equipment from damage.

- ◆ All Atlanta Metropolitan State College (AMSC) student patrons MUST:
  - 1) Present their current student ID card upon entering the facility. An AMSC ID is the only acceptable form of identification. NO EXCEPTIONS.
  - 2) Sign an AMSC Waiver of Liability Form
  - 3) Wear the appropriate workout attire such as shorts, t-shirt, and running/basketball shoes with non-marking soles when working out in the Fitness Center. Pants and shorts must be worn at the waistline. T-shirts must be worn at all times. Tank tops, bare midriffs, or other revealing attire are not acceptable.
  - 4) Wipe down fitness equipment after every usage.
  - 5) Wear headphones while listening to music and safely remove earphone from the earphone jacks.
  - 6) Adhere to the established time limit—when necessary—placed upon the following equipment: Recumbent Bikes, Helix Lateral, Treadmills, Espresso Bikes, Elliptical Machines, OpenStride Machines, and Stairmaster Machines.
  - 7) Report any equipment that may be damaged or not functioning properly.
  - 8) Wear shower shoes or flip flops when utilizing the shower.
  - 9) Bring your own towel.
- ◆ Patrons are encouraged to use safety clips—when available—while on equipment.
- ◆ Staff cannot accept any form of gift or payment from anyone for Fitness Center entry.
- ◆ Horseplay is not permitted.
- ◆ Food is not allowed. Beverages are permitted in a sports bottle container only.
- ◆ Lockers are to be secured by users at their own risk during the time of workout. At the end of each day, all unremoved locks will be removed and items stored will be forwarded to Public Safety.

**Refusal to abide by Fitness Center policies and procedures may result in immediate removal from the Fitness Center, future restrictions to the Fitness Center, and further disciplinary action.**