

## **MCCC Fitness Center Rules and Regulations**

### **General Fitness Center Rules:**

- Anyone using the Fitness Center must present their membership cards and sign in prior to working out. Students, faculty and staff must present their MCCC ID's and sign in prior to their workout. All Fitness Center members must sign in and sign out.
- Participating in any activity in the MCCC Fitness Center is voluntary and individuals assume all risks when engaging in any activities in the MCCC Fitness Center.
- Use of equipment is on a first-come, first-served basis. All members, students, faculty and staff are entitled to use the facility.
- All equipment must remain in the MCCC Fitness Center.
- No sandals, flip flops or bare feet will be allowed. Open-toed shoes are also not permitted.
- Wipe down all machines, mats, and equipment after use.
- Throw away all trash including towels and empty bottles.
- Sauna suits or rubberized suits which cause excessive sweating are not permitted.
- Children under the age of 15 are not permitted in the Fitness Center.
- Use of the facility while under the influence of illegal drugs or alcohol is prohibited.
- Personal training and classes are not permitted in the MCCC Fitness Center.
- Video or photography in the Fitness Center is not permitted without prior approval.
- Failure to comply with any of these rules may result in removal from the Fitness Center.

### **Weights:**

- Return all free weights, plates and other equipment to racks or storage areas.
- If a weight or lift is too heavy, please ask an attendant or another member to be a spotter.
- All weight training should be performed in a controlled, safe manner. Dropping, slamming or banging weights is not permitted.
- The use of chalk is prohibited.
- Weights and bars should not lean up against any equipment, mirrors, or walls.
- The use of collars is required for all plate-loaded free weight lifts or on any free bar lifts with plates.
- Be courteous of others and vacate equipment and benches between sets. Be willing to allow others to work in between sets.

### **Personal Conduct:**

- Use of headphones or earbuds is required when listening to personal music.
- Limit phone use while on equipment to avoid injury. Pay attention to footing and machines and not your phone.
- Be respectful of other members using the facility. This is a judgement free workout zone.
- Be aware of your workout space. Try not to block mirrors or workout areas of other users.

### **Safety:**

- If there are any issues with the equipment or machines, please see a staff member, don't try to fix it yourself. If you have any questions about any equipment or how to use any machines, please ask a MCCC staff member for assistance.
- The College reserves the right to close the Fitness Center due to operational or safety concerns.
- Situations arising and not specifically covered by established rules shall be handled by the Fitness Center Manager or Fitness Center Attendant on duty.
- The Fitness Center Manager or Fitness Center Attendant on duty shall have the final and conclusive authority to enforce all rules and eject any person(s) failing to observe them or otherwise conduct themselves properly. In any such case, the Fitness Center Manager or Fitness Center Attendant on duty will report the incident to MCCC Security.

### **Personal Belongings:**

- Do not leave bags or personal belongings on the gym floor.
- Mercer County Community College is not responsible for lost or stolen items.
- No food is allowed in the Fitness Center. All drinks must be in a closed container. No glass containers are permitted in the Fitness Center.
- Do not change clothes in the Fitness Center. Locker rooms are available but you must bring your own lock.
- Bikes, skateboards and other personal transportation items must be stored outside the PE Building.