Welcome

Dear FSW faculty, staff, and students welcome to your new state of the art fitness center. Our goal for the fitness center is that through education, motivation, inspiration, and some perspiration together we can reach our health and fitness goals. Our objective is to be the best part of your day and your first choice for fun on campus. In order to reach these goals and objectives we need to work together to create a safe, fun, and inviting environment for all. Please read and abide by the policies and procedures below.

Assumption of Risk

Participation in FSW Fitness programs and facilities is completely voluntary. Users participate at their own risk and assume all responsibility for their own health and safety. Florida SouthWestern State College and Fitness Center are not liable for injuries sustained during participation in Florida SouthWestern State College facilities or programs.

Fitness Center policies

- All members must check in at the front desk using a valid FSW ID. Expired, unauthorized, or counterfeit ID cards will be confiscated and privileges may be revoked. All members must be 18 years of age or older.

- Appropriate modest attire is required. Attire that compromises the safety, integrity, and professionalism of the facility and equipment is prohibited. Inappropriate attire includes jeans, pants and/or shorts with belts, rivets, buttons, or zippers, exposed midriffs or buttocks, sandals/flip flops, or opened toed shoes.

- Clean non-marking, soft-soled, closed-toe and heel athletic shoes are required.

- Activities deemed dangerous, improper or violate the intended use of the equipment are prohibited.
• Personal items must be placed in lockers. Items left unattended will be confiscated. FSW employees are not responsible for lost or stolen property.

• For sanitary purposes, participants are expected to clean the equipment after each use.

• Return weights, bars, and dumbbells to their proper place after use.

• Spotters are strongly recommended when lifting heavy weight.

• Dropping and slamming weights is prohibited.

• Fitness equipment should not be taken out of the facility at any time unless authorized by staff.

• Cell phone usage is not permitted while using equipment

• Inappropriate language and behavior will not be tolerated.

• Please limit the use of cardio equipment to 30 minutes when others are waiting.

• Water and sports drinks must be in re-sealable container.

• Personal training conducted by anyone other than FSW Personal Trainers is strictly prohibited.

• Allow others to work in when doing multiple sets on weight equipment.

• Photography and videotaping is not permitted without consent from FSW employees.

• Report all maintenance issues, emergencies, vandalism or misuse of FSW Facilities immediately to FSW Staff.

• Failure to follow or adhere to the above policies and/or the direction of FSW Staff may result in dismissal from facility or revocation of membership.

**Patron Access**

• The FSW Fitness Center is a controlled-access facility and is intended for use and enjoyment of current FSW students, faculty/staff, and other authorized members of the FSW community. Only authorized users are permitted past the front desk.

• Appropriate ID must be presented for entry to the FSW Fitness Center. If the photo, name, and ID number are not eligible on the BUC card, or if the BUC card does not scan, the card is not valid.

• BUC cards are for the exclusive use of the person named on the card and nontransferable. BUC cards will be confiscated and involved parties subject to disciplinary action if presented by anyone other than the rightful owner.

• Misuse of IDs and/or improper entry is subject to disciplinary action, including immediate
removal and suspension from the FSW Fitness Center and further State College discipline.

- Participants must possess, and display upon request, appropriate identification. FSW reserves the right to request identification at any time.

- Non-members, suspended members or expired members are not permitted access to the FSW Fitness Center.

- Sponsored Guest Passes are available for individuals without a membership who are with an active FSW Fitness Center Member.

- Associate members and guests must be at least age 18 to use the FSW Fitness Center.

Guests

- FSW Fitness Center members may sponsor guests. Sponsored guests must enter and exit the facility with their sponsor.

- The sponsor’s membership must be validated prior to purchasing a guest pass.

- A guest cannot host another guest.

- Picture ID (with name and date of birth) of the guest is required at time of purchase.

- Guests must be at least age 18.

- A guest pass is valid only for the date of issue as shown on the receipt.

- Guests must adhere to all facility policies and/or direction of FSW Fitness Staff. Sponsors of sponsored guests share the responsibility for their guest’s behavior.

- FSW Fitness Center reserves the right to deny access to any guest(s).

<table>
<thead>
<tr>
<th>Guest Pass Type</th>
<th>Rate/Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sponsored Guest</td>
<td>$5</td>
</tr>
</tbody>
</table>

Patron Conduct

- Use of the FSW Fitness Center is a privilege. Members and guests shall respect the rights of others and display acceptable and appropriate behavior while participating in the Fitness Center.

- FSW reserves the right to refuse access or remove any individual(s) whose behavior is inappropriate or in violation of the College rules and regulations and/or the code of student
conduct. Your cooperation is appreciated.

- Inappropriate behavior includes, but is not limited to:
  - Verbal abuse
  - Physical abuse
  - Harassment
  - Obscene gestures or actions
  - Abuse of staff in any form
  - Profane or indecent language
  - Failure to follow an established policy
- If a participant, member or guest in a FSW Fitness program or facility is directed to leave a facility, program, contest or activity for misconduct:
  - He/she must leave the facility immediately
  - He/she must meet with the designated FSW staff responsible for the program/facility in which the misconduct occurred. He/she shall immediately be ineligible for further access or competition in any program or facility until he/she has met with the designated staff.
  - Once the FSW staff has informed a participant, member or guest of the necessity to see the appropriate person over the program/facility for misconduct, inappropriate behavior or ejection, it is that individual’s responsibility to schedule an appointment to meet with the designated senior staff member. If a sanction is imposed, it will begin after the meeting with staff.
  - Any incident that involves a participant, member or guest who strikes, hits, pushes, threatens, spits at/on, kicks, verbally abuses a FSW employee, participant, member guest, or spectator, or improperly uses his/her BUC card identification will result in immediate suspension from all FSW Fitness programs and facilities.

**General Expectation**

- Be aware of your behavior while using the fitness center- grunting, loud talking noise, and certain language can be offensive to others.
- Do not sit idle on equipment and converse with others.
- Do not monopolize or “reserve” any exercise equipment by leaving belongings (towels, bags, keys, clothing items, etc.) on it or setting your personal use while not actively using it.
• Avoid excessive cell phone use and phone calls within the Fitness Center. Personal music must be accompanied by personal headphones.

Participants are responsible for reading, understanding and abiding by all rules and regulations of the FSW Fitness Center.

• Not all rules are posted in immediate areas. If a staff member requests your cooperation, please adjust your behavior. If you have questions about a specific policy, please see FSW Fitness Staff.

• Failure to comply with staff instructions and proper facility use may result in loss of facility and/or membership privileges.

• FSW reserves the right to render judgment and decisions on policies not specifically covered.

• FSW reserves the right to call the FSW Public Safety Department as necessary.

• Participants using the FSW Fitness Center and equipment assume the liability of and agree to compensate FSW for any damages other than normal wear and tear.

• Contact FSW Fitness Staff should an accident, injury, or related incident occur. In addition, report immediately any piece of equipment that is not functioning properly so it can be evaluated and serviced promptly.

• No organized activities except those sponsored or approved by FSW are permitted.

**Attire**

• Exercise attire and footwear are required.

  - Footwear: non-marking, rubber-soled athletic-type/sport shoes are required. Footwear must completely cover the foot, including instep, toes, arch, and heel. Footwear not permitted include, but is not limited to, high-heeled shoes, spikes, open-toes shoes, turf shoes, cleats, boots, flip-flops, sandals, and footwear that is muddy or dirty.

  Clothing should serve as a safety barrier between skin and equipment as much as possible.

  - Shirts: Full length t-shirt or tank top must cover **chest, back, and midriff**.

  - Bottoms: Athletic-type apparel is required. Jeans, khakis and pants, with or without buttons, metal zippers, metal rivets, belts and belt loops, are not permitted. Shorts must be long enough
to cover the buttocks and groin when exercising or moving. Shorts must be properly worn on the hips.

- Jewelry: FSW strongly recommends no jewelry be worn during participation. This includes, but is not limited to, necklaces, rings, bracelets, wristbands, watches, earrings/studs, piercings, etc.

- Clothing with visible blood must be removed and placed in a biohazard bag. The participant must have a replacement article of clothing to remain in the facility.

- Clothing with offensive or profane language, designs, or pictures is not acceptable.

- FSW Fitness staff decisions pertaining to appropriate attire are final.

**Personal Belongings**

- FSW is not responsible for lost, stolen, damaged or unattended personal belongings and strongly recommends that participants leave personal items at home.

- FSW strongly encourages participants to secure personal items.

- Personal items remaining in lockers will be bagged and placed in lost and found.

- FSW Staff should not hold equipment, valuables or bags for participants.

- No items should be placed directly in front of emergency access doors.

- Personal items, such as sweatshirts and additional articles of clothing, should not hang on fitness equipment. Items can fall and become lodged in moving equipment, such as treadmills.

**Lost & Found**

- FSW is not responsible for lost, stolen, damaged or unattended personal belongings.

- Lost items are turned in to FSW Fitness Center front desk. Lost BUC Cards are sent to the FSW BUC Card Office lost and found. Other lost photo identifications will be sent to Public Safety.

- Small items and/or items that may have significant value (ex. Jewelry, cell phones, wallets) are locked in a drawer at FSW Fitness Center front desk. If unclaimed, these items are turned over to the FSW Public Safety Department.

- Unclaimed towels, clothing and other personal items are donated or discarded.

**Beverages/Food/Gum**

- Food, gum, and toothpicks are not permitted at any time past the FSW Fitness front desk.

- Containers are subject to substance check at any time by the FSW Fitness staff.
Water, in sealable and unbreakable plastic containers, is the only beverage permitted in activity areas. Glass containers are prohibited at all times.

**Alcohol/Drugs/Smoking/Tobacco Products**
- The Fitness Center is a substance-free facility.
- Alcoholic beverages, illegal drugs, steroids and tobacco products are not permitted in the FSW Fitness Center.
- FSW is a smoke/tobacco free campus. No smoking permitted inside or outside while on campus.
- Individuals shall not use the Fitness Center while under the influence of drugs or alcohol.

**Cell Phones**
- Cell phone usage is not permitted past the FSW Fitness front desk.
- Landline phones are available in the facility for emergency purposes.

**Scheduled Closure**
- Areas of the Fitness Center or the entire facility may be closed and/or restricted due to a special event, scheduled cleaning, maintenance, or unforeseen circumstances.
- Scheduled closures will be posted on the FSW Website in a timely manner.

**Photography/Videography**
- Unauthorized photography and/or videography is not permitted without prior FSW staff approval.
- Pictures/videos may not be taken at any time in the locker rooms, and restrooms.

**Posting Flyers**
- Signs, posters or advertisements may not be placed in the Fitness Center on any walls, bulletin boards, doors, and other areas without prior staff approval.

**Service Animals**
- Only service animals are permitted within the Fitness Center.
- The Americans with Disabilities Act defines service animals as any guide dog, service, dog, or other animals individually trained to provide assistance to a person with a disability.

**Video Surveillance**
- FSW Fitness Center are subject to 24-hour surveillance.
- Live video is randomly monitored by FSW Fitness staff and the FSW Public Safety Department.
Drop-In Recreation Policies

- Must have valid FSW ID to participate
- No food or gum
- No spitting
- No dunking, hanging from rim or net
- Activities deemed dangerous, fighting, and profanity will not be tolerated
- Open Rec activities will be prioritized by Campus Recreation Staff
- Shirts and proper attire must be worn at all times
- Only wear footwear with non-marking soles
- Open Rec Schedule subject to change
- All other Fitness policies will be applied to Open Recreation activity

Campus Recreation Disciplinary Process

FSW Fitness Center/ Drop In Recreation
1. Campus Recreation employees enforce policy.
2. If participant does not comply, employee records name, fills out incident report, and asks participant to leave.
3. If participant does not comply and leave, public safety is called to escort participant out.
4. Follow up: Campus Recreation professional staff suspends participant from Campus Rec activities (Fitness Center, Intramurals, Drop In Rec, Special Events). Participant is notified through email they must meet with Campus Recreation professional staff member prior to being readmitted to Campus Recreation program.
5. Following the meeting, participant is readmitted into Campus Recreation programming.
6. Participants will be referred to the FSW Dean of Students Office on a case by case scenario due to the severity of the infraction. As a general guideline, after a third infraction students will automatically be referred to the FSW Office of Student Conduct.

FSW Intramurals
1. Participants and/or spectators who display unsportsmanlike behavior/practices before, during, or after the contest directed toward officials, other participants, or spectators are subject to ejection from the intramural facility. Intramural game officials, supervisors, and administrative staff may issue an ejection with or without warning if participant's actions are considered to be unsportsmanlike, deliberate, or creates an unsafe playing environment.
   a. Examples of unsportsmanlike actions include, but are not limited to, profanity, vulgar or abusive language or actions, unnecessary roughness, two (2) technical fouls, taunting and/or baiting, flagrant actions toward an opponent, game official or spectator, and fighting or inciting a fight.
2. Ejected players face a minimum one game suspension, with possible expulsion from the league and limited participation in other intramural sports activities.
3. Ejected players have one minute to leave the facility or field. If an ejected player is still within sight or sound of the official after one minute, the game will automatically be forfeited by his/her team.
4. Any player that has been ejected from an event must schedule a meeting with the Fitness and Intramural Specialist. Ejected players have two business days to set up a meeting; however, this meeting will be scheduled at the convenience of the IM Staff and the player will be suspended from play until that meeting is held.
5. Participants will be referred to the FSW Dean of Students Office on a case by case scenario due to the severity of the infraction. As a general guideline, after a third infraction students will automatically be referred to the FSW Office of Student Conduct.