

# FACILITY RULES AND POLICIES



## Facility Usage

- The Fitness Center, Racquetball Court, and Gymnasium may be used by CCCC students, employees, and alumni. **GUESTS ARE NOT PERMITTED.**
- All users are required to follow the information outlined in this document. You must complete the Membership Agreement and Acknowledgement of Risk Form **PRIOR** to using the Fitness Center, Racquetball Court, or Gymnasium.
- You must present a valid CCCC ID every time you visit. **NO CARD, NO ENTRY!**
- All students must be registered in the current term.
- All users must sign in and out of the facility at the reception desk.
- Emergency Exits are for **EMERGENCY EXIT ONLY**. All users must enter and leave through the main door(s) only.

## Risk and Liability

- The College assumes no responsibility for any injury that may occur. **USE EQUIPMENT AT YOUR OWN RISK.**
- The College assumes no responsibility for lost or stolen items.

## Dress Code, Lockers, and Personal Items

- Shirts and shoes (non-marking soles) must be worn at all times. No bare feet or socks. Boots, jeans, dress shoes, flip flops, etc... are not permitted.
- All bags, jackets, and personal belongings are prohibited in and around the Fitness Center and Gymnasium and must be stored in a locker.
- Lockers are for day use only while users are in the Complex. No items may be left overnight.
- Showers are available for use in the locker rooms. Users must provide their own towels and personal hygiene products.
- Staff is not allowed to hold money/valuables for users. **NO EXCEPTIONS.**

## Conduct and Behavior

- All students must abide by the Student Code of Conduct.
- No foul language or inappropriate behavior.
- No spitting on the floor or in water fountains.
- No food or drink in the Fitness Center and Gymnasium. Capped water bottles only.
- No loitering.
- Dispose of trash, paper towels, and gym wipes in the appropriate receptacle.
- Headphones must be worn to listen to personal music.
- Observe proper hygiene by showering regularly and wearing clean clothing.

## In the Fitness Center

- Read the instructions for each machine to identify targeted muscle group and proper set up.
- Remove weight plates from bars and/or return dumbbells/weights to rack after use.
- Wipe down equipment after use.
- Spotters are required on applicable exercises.
- Do not drop weights.
- End clamps must be used on barbells. **NO EXCEPTIONS.**
- Report to a staff member any machine that may need repair.
- If you're unclear about machine usage, please ask a staff member.
- Only CCCC equipment may be used in the center. No outside equipment/weights/ropes.

## In the Gymnasium

- Dunking is not allowed.
- No hanging on rims, backboards, support systems, railings, doors, etc...
- Do not pull out the bleachers or sit on top when they are pushed in.
- During open gym, winning teams may stay on the court for no more than two consecutive games if others are waiting.

## Sports and Fitness Equipment

- Users may check out equipment (basketballs, rackets, jump ropes, etc) in the Fitness Center with a CCCC ID.