

Eastern Florida State College

Wellness Center Policies

1. All users of the weight room must be at least 18 years of age. Eastern Florida State College students as well as dual-enrolled students must have a valid EFSC I.D. and must be present on the list provided to the fitness staff.
2. **WORKOUT TOWELS ARE MANDATORY.**
3. Please clean equipment after use.
4. Proper athletic attire is required (closed toe/heel shoes, athletic shorts, athletic shirt). Use best judgment when assessing excessive pockets. Cut off sleeves are permitted. Shirt must cover the nipple and belly button area at all times. Use best judgment for tennis skirts and short shorts.
5. Footwear must be in the form of running, tennis, or weight lifting shoes. Boots are not allowed. Specialty shoes are at the discretion of the fitness staff. 5 fingered shoes are permitted.
6. Sports plastic bottles or "twist-on" cap plastic bottles are the only permissible beverage containers allowed. **NO GLASS BOTTLES.** No food, gum, or tobacco.
7. No outside personal training is permitted in this facility.
8. Please do not drop or throw equipment.
9. Please do not step onto leather benches. Please use step-boxes.
10. Spotters are required on all free weight press stations.
11. Return equipment and weights to their proper location.
12. Please share equipment during peak hours. 15 minutes time limit
13. Use of offensive language is not permitted.
14. Report any injuries or equipment problems to the Wellness Center Volunteers or Director of Campus Student Activities immediately.
15. All personal items must be stored in the provided cubicles or lockers; The Wellness Center and its volunteers are not responsible for lost or stolen items.
16. **Re-rack all weight plates and place them in their proper location.**

**** Policy violations may result in ejection from the Center. ****

Other Wellness Center Policies

1. Participants are not allowed in the Wellness center unless the Wellness Center volunteer is on duty and the facility is open.
2. All individuals exercise at their own risk. We recommend seeing one of the Wellness Center volunteer if you have questions.
3. Discontinue exercising immediately and notify volunteer and/or staff if you feel pain, discomfort, or dizziness.
4. Trash bags, sweat bags, sweat suits or any other material that inhibits the exchange of body heat or promotes water loss will not be allowed.
5. No sitting on cubicles or lockers.
6. Please do not place hands, feet or anything else against the mirrors.
7. People socializing in groups that congest the weight room will be asked to disperse or leave. Failure to do so, can lead to disciplinary actions by security.
8. Fitness equipment shall not leave the resistance room, i.e. fitness equipment cannot travel from downstairs to upstairs.
9. Be considerate of others.
10. EFSC volunteers are not responsible for valuables.
11. Respect for equipment and facilities must be demonstrated at all times. Misuse of equipment and facilities may result in immediate expulsion and/or loss of additional privileges.