

Fitness Center Rules and Regulations

1. The Fitness Center is open to all currently enrolled CCC students and College faculty and staff. Visitors and children are not permitted in the Fitness Center.
2. Anyone utilizing the Fitness Center must sign a liability waiver and will be utilizing the facility at their risk. Patrons must be at least 16 years of age to use the Fitness Center. Any patron under the age of 18 must have their waiver signed by a parent or guardian. The College is not responsible for any injury that may occur to individuals while utilizing the Fitness Center.
3. Fitness Center patrons must sign in and present a valid CCC ID card at the reception desk prior to each workout session. Failure to have the proper ID will result in denial of use of the Fitness Center. Patrons must sign out prior to leaving the Fitness Center.
4. Proper attire must be worn while utilizing the Fitness Center. Failure to follow these dress code guidelines will result in denial of use of the Fitness Center.
 - a. Tennis shoes and socks must be worn. Sandals, open toed or open backed shoes are not permitted.
 - b. T-shirts must be worn. Tank tops, muscle shirts, sports bras as tops, and shirts exposing midriff are not permitted.
 - c. Athletic apparel is required. No jeans or short shorts are permitted.
5. No food is permitted in the Fitness Center. Water or sports drinks are permitted only in sealable containers. Glass is not permitted in the Fitness Center.
6. Radios, tape or CD players are not permitted unless they are personal units such as MP3 players with headphones.
7. The College campus is tobacco-free; therefore, no tobacco products are permitted.
8. No bags, coats or personal items are permitted in the Fitness Center. Valuables should be secured in a locker in the locker rooms next to the gym. Individuals must use personal locks as locks are not provided. All articles must be removed from lockers at the end of the workout. The College is not responsible for lost, stolen, or damaged items.
9. Disrupting or interfering with the workout of another patron is not permitted. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
10. Patrons should wipe down all cardio and weight room equipment after each use. Disinfecting wipes are available for use.
11. Compliance with free weights includes the following:
 - a) Chalk is not permitted.
 - b) Allow others to work in between sets.
 - c) Return weights to tree or rack.
 - d) Weights should not be leaned against the wall, mirrors, benches, or other equipment.

- e) Weights or dumbbells should not be dropped or slammed on the floor or benches.
 - f) Collars should be used at all times to secure free weights.
 - g) Patrons should seek assistance for all spotting needs.
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- 12. Use of cardiovascular equipment is limited to a 30 minute time limit.
 - 13. Report any personal injury or damaged/malfunctioning equipment to the Fitness Center staff.
 - 14. Observe proper hygiene by showering regularly, wearing clean clothes, and using deodorant. Towels are not provided.
 - 15. The Fitness Center does not permit personal trainers to accompany patrons.
 - 16. All patrons must complete a Fitness orientation before using the equipment. Only CCC physical education instructors and Fitness Center staff may provide instruction on exercise technique, equipment use and adjustments.
 - 17. Patrons must comply with all Fitness Center policies.
 - 18. Inappropriate behavior or attire that interferes with the operations of the Fitness Center or fails to adhere to published College policies is not permitted. The Fitness Center will use the following procedure to address violation of any Fitness Center rule or regulation:
 - a) 1st Offense – Verbal warning
 - b) 2nd Offense – Written warning
 - c) 3rd Offense – Workout privileges revoked for remainder of semester

The Fitness Center's Attendant on duty has the right to enlist the help of Campus Security if the situation warrants assistance.