

FITNESS CENTER GUIDELINES

The Fitness Center use is for current Allegany College of Maryland students, faculty, and staff as well as members of the community who have joined the Fitness Center via membership.

- Use of the Fitness Center is at your own risk.
- You must show identification.
- This is a **College Classroom Environment**. Every person is expected to be respectful of others. Users who are disruptive to the learning experience will be held accountable under the appropriate College policy (ie., Academic Regulations (students), Code of Student Conduct (students), HR policies (faculty/staff), Safety Risk Policy (visitors), and/or Sexual Misconduct, Sex Discrimination (Title IX policy – all).
- For health, safety, and maintenance reasons, proper athletic attire must be worn.
 - Closed-toed athletic shoes
 - Shirts and short/pants are required
 - Clothing cannot be too long to risk tripping or catching on equipment.
- Bags, jackets, and other outer attire must be stored appropriately.
 - Please make use of our locker rooms and closets.
- Cell Phones are permitted for use of entertainment purposes.
 - Head phones must be used.
 - Hands must be free while on equipment.
 - Phone calls are to be taken outside of the fitness center.
- Drinks (preferably water) are permitted into the weight room with a sealable lid.
 - If a spill occurs clean up after yourself or seek assistance.
- Use equipment as it is intended. Seek help if you have any questions about equipment use.
 - Be sure to wipe off equipment after every use.
 - Re-rack weights and return all other accessories to their proper locations when finished.
 - Collars are to be used at all times to secure weights on bars.
 - Weight plates are not to be leaned against mirrors, wall or machines.
 - Allow others to “work-in” or take turns.
 - Ease weights into position on machines.
 - Spotters are strongly recommended for free weights/heavy lifting, ask the staff if needed.
- This is a workout room. If your rate of exertion is below exercise standards, you may be asked to forfeit the machine being used to someone else.
- Please report any weight room injury or facility equipment malfunctions to the Fitness Center Staff immediately.
- Any patron who does not meet the Fitness Center Guidelines will be asked to modify their action(s) or asked to leave the facility. Whether the patron is permitted to return will depend upon the specific policy being applied and the particular circumstances.