

Aquatic and Fitness Center RulesRegistration:

- MDC ID is required in order to use the Aquatic and Fitness Center facilities and to participate in wellness related programs.
- Prior to participation, everyone is required to complete a Health/Medical Questionnaire (updated annually), facilities rules form, and liability waiver form. You may be required to obtain a medical clearance with a written doctor's approval.
- Exercise orientations are available. Please inquire if interested.

Gym Etiquette:

- Wear proper exercise attire at all times, especially shirts and athletic shoes. Dress shirts, halter tops, jeans, dress or cargo pants, belts or pants with excessive zippers are not permitted.
- Tobacco, food, chewing gum, glass bottles and cans are not allowed in the facility; ONLY water bottles. Recycle all water bottles in the provided containers located in the lobby area.
- All book bags and personal belongings must be placed in lockers. You must leave your MDC ID at front desk in exchange for locker key. Aquatic and Fitness Center staff is not responsible for any personal items lost or stolen. If you lose your locker key you will be responsible to pay a \$25 fee to replace it.
- Check out weight training fitness equipment at the front desk and return it when finished. You must have a form of identification in order to check out equipment.
- Bring your own towel, or towels will be available for rental at the reception desk, for \$1.
- Wipe down equipment after each use, and clear your station.

Safety for Fitness Center:

- Use spotters when needed, use the equipment appropriately. Ask staff for help. Staff will reinforce these rules when observing irregularities.
- Keep equipment off the floor and return to its proper rack when done.
- Keep the facility flow path clear; remove any obstructions, including book bags. You must use lockers available for belongings. Lockers are only to be used while exercising.
- No unsafe activity (e.g. running in the weight training area, wellness area)
- Show respect for facilities and equipment. Do not drop or throw weights.

Safety for the Aquatic Center:

- The swimming pool is ONLY for swim classes or lap swimming!
- Listen and follow all the instructions of the lifeguard on duty at ALL times.

Rules for Aquatic and Fitness center:

- Cell phone usage is strictly prohibited in the Aquatic and Fitness Center.
- You may be asked to leave the facility immediately if you misuse any equipment of facilities or for using offensive language or other distasteful behavior. Individuals whose personal actions infringe upon the well-being of other users can and will be denied access. If you fail to leave when asked, security may/will escort you out of the facilities.
- Immediately report any injury and/or any equipment malfunction to the staff on duty.
- MDC North campus and the Aquatic and Fitness Center reserves the right to make amendments to the facilities rule book at anytime and without notice.

USE OF AQUATIC AND FITNESS CENTER FACILITIES IS A PRIVILEGE. The staff has the authority to deny entrance or disallow further participation/membership due to violation of these procedures or any other behavior deemed unacceptable.

I have read, understand and will adhere to the policies and procedures mentioned above. Any questions that I have about these procedures have been answered.

Print Name

Date

Signature

MDC ID #