



General Policies

1. Everyone MUST sign in and show proper membership identification before using the Fitness Center. Students MUST leave their SUNY Canton ID at the front desk while using the Fitness Center.
2. Everyone must complete the necessary screening paperwork and orientation before becoming a member.
3. Guests of members and visiting non-members may purchase a daily pass at the rate of \$5.00 per day.
4. You must be at least 15 years old to use the Fitness Center.
5. Appropriate attire must be worn:
 - CLEAN, DRY non-marking athletic shoes (please carry your workout shoes to the Fitness Center)
 - NO jeans
 - NO hiking boots, work boots, or sandals
 - A shirt must be worn at all times
6. Bring your own towel with you for your personal use. However, the Fitness Center will supply towels for cleaning the equipment.
7. NO food, beverage, gum, or tobacco is permitted. Water in a plastic bottle is the only exception.
8. NO horseplay, yelling, spitting, offensive language, or loitering.
9. Individuals or groups are not permitted to dominate any area of the Fitness Center.
10. Show respect and courtesy toward Fitness Center staff, equipment, and other members at all times.
11. Inappropriate conduct or misuse of equipment is at the discretion of the Fitness Center Director and/or on-duty supervisor and may result in a loss of membership privileges.
12. Coaches will also be informed regarding student-athletes who abuse Fitness Center policy.
13. Equipment is to be used for its intended purpose only. Please report any injuries or equipment malfunctions to the Fitness Center staff immediately.
14. For your safety, please warm up and cool down sufficiently.
15. Persons with open wounds or communicable diseases are not permitted to use the Fitness Center. Inform the Fitness Center staff if you develop a communicable disease.
16. Personal belongings should be left in the locker room or in the balcony area. The Fitness Center is not responsible for lost or stolen items.
17. Lockers are available on a first come, first serve basis. All lockers have locks on them and monitored by our staff. If you are issued a locker you will be issued a combination to go with the corresponding lock. If you put your own lock on a locker **IT WILL BE CUT OFF**, and you will not be refunded for the lock. You must see the Fitness Center Director to be issued a locker. All lockers must be cleaned out by the last day of finals of the Spring semester. Anything left in the lockers will be removed, and if not claimed within a month, will be thrown away.

Free Weight Area Policies

1. Do not drop or throw weights.
2. Do not step, stand, or rest bars or dumbbells on upholstered benches.
3. Use proper form and technique. Due to the high risk of injury, the Fitness Center recommends you utilize a spotter when training with free weights.
4. Use safety stops at all times.
5. Remove plates from bars when finished.
6. Return all plates, dumbbells, and accessories to the appropriate racks when finished.
7. Wipe off the equipment when you are finished.

Cardiovascular Equipment Area Policies

1. Wear clean shoes ALWAYS. Dirt and debris on the equipment cause unnecessary wear and tear.
2. Limit your workout time to 30 minutes on cardiovascular equipment during peak times.
3. Use the sign up sheets when equipment is occupied so members can use the equipment on a first come, first served basis.
4. Start treadmills before stepping on the belt. Stand on the side platforms, start treadmill, then step on carefully.
5. Return treadmills to slow speed and 0% grade before stopping them when you are finished.
6. Wipe off controls, seats, and handles when you are finished.

Resistance Circuit Policies

1. Raise and lower plates carefully. Plates should not be dropped or clank together.
2. Use the proper settings for your height to maximize effectiveness and minimize your risk of injury.
3. Do not rest on equipment between sets. Allow others to work in with you.
4. Wipe off the equipment when you are finished.