



## Red Lake Nation College Fitness Center Policies and Procedures

Use of the Student Fitness Center is a privilege that can be revoked for not following policies of the facility. Please review the policies below carefully. They are in place for your safety and the comfort of all patrons. At the bottom of the page your signature is required showing proof that you have read the policies and procedures, and that you understand them. Return this to the Director of Enrollment and Student Information for placement in your record.

**Fitness Center users must be 17 years of age or older and must provide proof of age upon request.**

### **Attire**

- Patrons are required to wear closed toe athletic rubber-soled shoes in the fitness center.
- Flip flop sandals are to be worn in the shower and sauna.
- Towels and proper active wear must be used in the steam room. Towels are not provided by the College but are available for purchase in the bookstore.
- All towels and clothing must be taken with after workouts. All towels or clothing left hanging in the locker room will be discarded.
- Patrons must minimally wear a shirt that does not have an arm hole that is larger than one fist below the arm pit and covers the midriff. Shorts and pants must be worn at the waist.
- To avoid damaging the upholstery on the machines, patrons may not wear jeans, denim, or cargo pants with multiple buttons or zippers.

### **Lockers and Locks**

- Lockers are to be used free of charge for use during a workout by eligible students and employees.
- Locks are only to be used on lockers during the time of a workout.
- Locks must be removed immediately after workouts.
- Any locks left on lockers will be cut off and the items kept in security.

### **Student ID or Guest Pass**

- Students, staff, faculty, government center staff or guest pass users must be willing to present their Student ID, Government ID, or Guest Pass if requested by Security or RLNC Staff.

### **General**

- Profanity and yelling are not permitted anywhere within the fitness center.
- Personal property such as books and back packs must be stored in lockers. Bags are not allowed in the fitness center. Red Lake Nation College nor its employees will be responsible for lost or stolen property.
- Weight belts are not allowed on the exercise equipment where the belt buckles make contact with the upholstery to prevent wear and tear to the equipment.
- Users who break equipment due to misuse or misconduct can be suspended from the facility.
- Food is not permitted; only drinks with screw top bottles are permitted.
- Spotters are strongly recommended when lifting all free weights.
- Please do not move or rearrange weights or equipment.
- Please maintain control of your weights at all times. For the prevention of injury to yourself or others, and/or damage to floor or equipment, weights may not be dropped or thrown.
- For the safety of yourself and others, do not stand on benches while exercising.
- Weight benches may not be placed within 5 feet of fire exits or extinguishers.
- All patrons must have a clean towel to wipe off equipment after use.
- Red Lake Nation College will not be held responsible for any injuries.

I have read and understand the policies and procedures. I will abide by them, and I understand that if I do not, I will lose my privilege to use the fitness center indefinitely.

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Signature

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Date