**TCC FITNESS CENTER**

**Policies and Guidelines**

“The Fitness Center is a place to learn about, experience and put into practice, healthy behaviors and activities.”

The TCC Fitness Center is open to all student, faculty and staff of Tacoma Community College. Our goal is to create a SAFE and enjoyable exercise environment for our diverse population. We ask that all users of the Fitness Center abide by our simple policies and guidelines. Please read and sign Risk Waiver and Policies/Guidelines before you begin your workout.

The Instructor/Supervisor will be the final judgment of what is appropriate attire, activities, language, music etc... The Fitness Center is a classroom – treat the facility and others using it with respect.

- Conduct – Cell phones, pagers are not to be used while on equipment or in locker rooms. Foul language or harassment of any kind will not be tolerated. The Fitness Center is for working out, no loitering allowed
- Food & Beverage – Only bottled water or clear containers (capped) with water allowed. No sports drinks sodas, protein drinks etc.. No food (including gum)
- Tobacco/Drugs/Alcohol (see Student Handbook for details) These substances are not allowed in the facility. Any student suspect of being under the influence will not be permitted to use the facility
- Exercise Clothing – should be comfortable and conducive to exercise, and not restrict your movement
- Appropriate exercise attire only - see list below.

**Upper Body**

- Acceptable: Short or long sleeve T Shirts and sweatshirts
- Unacceptable: Cut off sleeves, muscle shirts, tanks, halter tops, half-shirts, rubber/plastic suits, exposed underarms, shirts way too large for the person. Anything revealing the abdomen

**Lower Body**

- Acceptable: Athletic shorts, sweats, tights, track suits, warm-ups.
- Unacceptable: Cutoff shorts, casual pants and shorts, jeans, street clothes, belts, or clothes with exposed rivets or zippers

**Shoes** – Clean athletic shoes must be worn at all times. Do not track in mud, dirt, grass etc...

- Acceptable: Fully enclosed athletic shoes, cross trainers, tennis shoes, aerobic shoes, walking shoes, hiking shoes/boots or jogging/running shoes.
- Unacceptable: Open toe or open heal shoes, sandals, flop flops, work boots, dance slippers, aquatic shoes, dress shoes, high heel tennis shoes, loafers, or cleats.

- Personal Hygiene – Please use cleaning solution and paper towels to wipe machines after use.
- Towels – Are available for sweat and shower use. You will need to leave your TCC ID with staff until towel is returned.
- Lockers - Are available for use during class or workout session only. You are responsible to use a lock. You are responsible for your own valuables. Please leave all bags and unused belongings in a cubby hold. Please do not clutter up the workout areas.
- Equipment & exercise – It is important that you ask for directions or a demonstration before using new equipment.
  - Please report any equipment that is malfunctioning or broken
  - Report injuries to the staff
  - Use spotters and collars when doing free weight exercises
  - Please return items to their proper place; restack weights, exercise balls, mats, etc.

Thank you for helping to keep the TCC Fitness Center a great place to work out!
TCC FITNESS CENTER
Policies and Guidelines

Specific Activity: ________________________________________________________________

Please print your full name: ____________________________________________________________________

ADVICE TO PROGRAM PARTICIPANT TO RECEIVE PHYSICAL EXAMINATION & STATEMENT
BY PROGRAM PARTICIPANT OF GOOD HEALTH:

By this form, I acknowledge that I am being advised by Tacoma Community College that I should receive a physical examination prior to my participation in the above activity which may entail vigorous physical exercise. Further, by this form I acknowledge that I am being requested to advise those persons conducting the activity of any physical or mental condition which may prohibit my participation in the activity. By signing this form, I am hereby advising the College that I do not have a physical or mental limitation which may prohibit my participation in the physical activity.

ACKNOWLEDGMENT AND ASSUMPTION OF RISK BY PROGRAM PARTICIPANT:

I voluntarily have chosen to participate in the physical activity specified above. I am aware that there is a risk of injury in my voluntary participation in that activity; I fully accept responsibility for any injury which I may suffer as a result of my participation.

I hereby waive and release for myself, my heirs, executors, administrators and assign any and all rights and claims for damages against Tacoma Community College, its employees, officers, agents and trustees, for any and all injuries which I may suffer as a result in my voluntary participation in the physical activity.

I further agree to hold Tacoma Community College, its employees, officers, agents and trustees harmless for any action, claim, or proceeding instituted as of an injury suffered by any third party through my participation in the physical activity.

ACKNOWLEDGMENT OF AVAILABILITY OF STUDENT INSURANCE COVERAGE:

I hereby acknowledge that accident insurance and dental health care plan are available to students at the time of registration and through the end of the second week of each quarter. I acknowledge that the insurance is available thereafter through the College’s designated insurance agency.

By signing this form, I acknowledge that I have read the form, understood its contents, and accept the conditions and terms set forth within the form as the condition and terms upon which I participate in the physical activity. I further agree to follow and abide by rules, regulations, statues, policies and procedures of Tacoma Community College

_____________________________  ______________________________
Signature of Participant        Signature of Parent or Legal Guardian
(If participant is not of legal age)

_____________________________  ______________________________
Date: __________________________  Date: ______________________________