

# CSN Sports Center

## Policies & Procedures

Release Forms: Any person who uses CSN Sports Center must fill out & sign a CSN Release in Full form which will be filed at the front desk pending each semester.

Members' IDs: Students, faculty and staff will need their Sports Center membership cards which are \$5.00 per semester and can be purchased at the cashier's office. Please bring your receipt to the Sports Center or to the Student Government office and a membership card will be provided. Membership cards must be shown to use the facilities, unless you are participating in a class. **If you do not have your valid membership card, you will not be permitted to enter the Center to use the equipment.**

Orientation: We require that each new member go through an orientation. This brief overview of the Fitness Center is to provide a general orientation only, and you alone are responsible for the safe and appropriate use of any equipment, the Fitness Center weight machines, how to program the cardiovascular equipment and general information to help you with starting a workout program.

Towels: Sports Center users will need to bring their own towel for workouts and post-workout showers. Towels are required to use the facilities. Towels will be available for purchase (\$2.00).

Food & Drinks: No food or drinks other than water in screw-top containers is allowed.

Shoes: Appropriate shoes are required. No black marking shoes are allowed on the gym floor. Court shoes are recommended. Please check for mud on shoes before entry.

### Fitness & Weight Room Regulations:

1. Academic classes have priority over all equipment.
2. Share the use of the equipment with others.
3. No sleeveless, tank tops or torn/altered shirts allowed.
4. No short half shirts, must be length of a regular t-shirt.
5. No jeans, pants with zippers or belts allowed; no opened toed shoes allowed.
6. Read instructions thoroughly and understand them before using machines. Use equipment at your own risk.
7. Do not slam or drop weights & return all weights & other equipment to the appropriate rack.
8. Stow duffle bags/back packs in lockers. Items should not come into contact with equipment.
9. Only personal audio equipment with headphones are allowed.
10. Refrain from unnecessary loud & annoying grunting.
11. Feel free to ask for assistance if needed.
12. Please wipe down all equipment.

Aerobic Room: All step & slide equipment, mats, hand weights, gloves & weight bars must be stored in designated area when not in use. The aerobic room may be used by members when class is not being held. .

Basketball Regulations: Basketball may be played in the gyms at scheduled times only so that nets can be set up & conflicts with academic classes & intramurals do not occur.

Locker Room: Lockers are provided on a daily basis for the convenience of CSN community members. Bring your own lock and secure your personal items in any of the open lockers. Items left in lockers overnight will be removed & placed in lost & found for 30 days and then discarded. The college is not responsible for lost or stolen items.

Lost & Found: Lost articles are kept at the control desk until the end of the day. Ask the front desk attendant for reclaiming article(s).

Profanity & Fighting: Profanity and fighting will result in immediate removal from the premises and may result in immediate loss of privileges for exercising in the Center.

No Smoking or Tobacco: Smoking, chewing & dipping are prohibited.