



Fitness Center Policies

Assumption of Risk: Serious risks are inherent while participating in the fitness-related activities; These may include but are not limited to: muscle cramps, nausea, fainting, abnormal blood pressure, chest discomfort, broken bones and even death.

1. All Campus Recreation users must present a current, valid USF ID card or Campus Recreation membership card.
2. Athletic attire is required to use all Fitness areas. Shirts or tank tops must 1) be worn, 2) cover the entire torso (back, chest, midriff), and 3) not be altered. Jeans or other pants/shorts with rivets and open-toed shoes are not permitted.
3. Thoroughly clean equipment before and after each use using provided equipment wipes.
4. Use of personal equipment (e.g. bands, attachments, bars) is not permitted. A variety of equipment is available at the Welcome Desk with your USF ID card or Campus Recreation membership card.
5. Return Equipment Checkout items promptly after use.
6. The use of altitude training masks or any device that restricts one's breathing is prohibited.
7. Personal training other than that which is scheduled through Campus Recreation is prohibited.
8. The use of cameras of any kind (unless approval has been granted by Campus Recreations marketing team) is strictly prohibited.
9. Equipment is to stay in its designated area for use.
10. Personal items including bags of any kind (e.g. backpacks, equipment/workout bags, and purses) are not permitted in the fitness areas and should be stored in cubbies.
11. Food, chewing gum, and tobacco use of any kind is not permitted in any fitness area. Only spill-proof water bottles are permitted in fitness areas, including the ballrooms.
12. Participants are required to use the equipment for its intended purposes.
13. Profanity, excessively loud grunting, banging and suggestive language that
14. create an intimidating atmosphere are prohibited.
15. Participants are required to abide by all Campus Recreation policies
16. Report any accidents, injuries, or broken equipment immediately to the Campus Recreation Staff on duty.



Strength Equipment

1. Always maintain control of weights. The user is responsible for ensuring that control can be maintained throughout entire exercise.
2. Slamming, dropping or bouncing weights (machines or free weights) is prohibited.
3. Use of safety clips is always required on barbells.
4. Return all equipment and weights to their proper locations. It is the responsibility of the user to rack all weights at the completion of exercise.
5. Weight belts are not permitted on exercise equipment.
6. Misuse of equipment, personal misconduct, yelling, excessively loud grunting or profanity is not permitted.
7. Deadlifts are only permitted inside the Power Racks. Weights cannot be dropped from the top of the lift.
8. The following Olympic Lifts are **NOT** permitted in the Fitness Center due to limited space and safety: barbell snatch variations and barbell jerk variations, barbell clean variations.
9. Chalk (including liquid chalk) is not permitted in Fitness Center.
10. Monopolization of a machine is not permitted.
11. Participants are required to abide by all Campus Recreation policies and staff member directions.

Fitness Center Attire

1. For the comfort of our patrons and to create a welcoming, inclusive and safe environment, shirts, shorts, athletic pants and shoes are required throughout the facility.
2. Shirts must cover, at a minimum, your sides/torso and midriff and must be worn in all activity areas with the exception of the locker rooms.
3. Sports bras must be covered at all times.
4. Due to increased risk of injury, it is recommended that jewelry be removed prior to participating in any activities or before utilizing any equipment in the fitness areas.
5. Jeans or other pants/shorts with rivets are not allowed on any fitness equipment.
6. Non-marking athletic shoes are required throughout the Fitness Center. An exception is allowed for users participating in specific facilitated Group Fitness classes and in locker rooms.
7. Sandals, clogs, crocs and other open shoes are not permitted throughout the Fitness Center.
8. Campus Recreation staff reserves the right to determine if footwear is appropriate for use.



Group Fitness

Assumption of Risk: *Serious risks are inherent while participating in the fitness related activities; These may include but are not limited to: muscle cramps, nausea, fainting, abnormal blood pressure, chest discomfort, broken bones and even death.*

1. All participants must be registered in the class. Priority will be given to pre-registered patrons.
2. All group fitness classes begin promptly at the advertised start time. For your safety and the enjoyment of all participants, anyone arriving late (after the advertised start time) to a group fitness class may not be permitted to enter the studio.
3. Please follow the instructor's routine and keep conversation to a minimum for your safety and the safety of others.
4. Closed-toe athletic shoes that are dry and free of dirt are required unless otherwise noted (e.g. yoga).
5. Participants are required to thoroughly clean equipment (e.g. mats, weights, etc.) before and after each use.
6. Only spill-proof water bottles are permitted.
7. Food is not permitted.
8. Participants displaying inappropriate behavior or compromising the safety and/or format of the class may be dismissed from the class.
9. Participants are required to abide by all Campus Recreation policies and staff member directions.

Guest Information and Policies

1. A pass, membership, or reservation is required to always required to access Campus Recreation facilities.
2. Campus Recreation reserves the right to deny access to a guest or spectator.
3. Current USF students and Campus Recreation members are eligible to serve as a sponsor for their daily guests and/or spectators. They are allowed a maximum of three guests per day. All guests are subject to fees associated with each respective facility and/or equipment.
4. All guests must present valid, government issued photo identification before gaining access to Recreation facilities. All USF students and Campus Recreation members must present their own, valid USF ID, in order to be granted USF affiliate guest day pass rates.
5. False identification will be confiscated. The original owner, as well as the person attempting to use the card will be suspended from all facilities.
6. Campus Recreation reserves the right to turn over any confiscated identification to University ID Card Services and/or Student Conduct & Conflict Resolution.



7. All guests are required to sign the Liability and Informed Consent Waiver prior to accessing the facility. If the guest is under the age of 18, the sponsor must sign on their behalf.

- a. Guests younger than 18 must be with sponsors at all times.
- b. Guests must be at least 18 years old to participate in any Fitness or Group Fitness activity.

8. Guest passes will not be sold within 15 minutes of closing time.

10. A guest day pass is only valid for the current date of purchase until the last facility closes. Passes expire at the end of the current day.

11. Guests are not permitted to solicit students or members to sponsor access into the facility and/or for equipment.

12. Sponsors are responsible for the conduct and actions of the guests at all times. They are subject to disciplinary action as a result of any inappropriate actions of their guests.

13. Spectators are not required to purchase a guest day pass, but must have a sponsor to access the facilities during events.

14. Persons wishing to spectate events must have a current USF student ID or Campus Recreation member sponsor them for a spectator pass.

- a. The single use Spectator Pass Wristband will be required for the spectator to enter the event. The sponsor will need to accompany the spectator, and spectator must wear the wristband while attending the event.
- b. The Spectator Pass Wristband allows for spectating of events only, not open recreation.
- c. All parties, including the sponsor and spectator, acknowledge the above information by signing the spectator pass agreement upon entering the event.

15. Guests must abide by all University and Campus Recreation general standards and policies.



Equipment Checkout

1. Equipment checkout is free to current USF students and Campus Recreation Members with a valid USF ID.
2. Guests are not allowed to check out equipment.
3. Equipment is available on a first-come, first-served basis.
4. All equipment must be returned the same day it was checked out. This excludes overnight equipment, which is only available for some items.
5. Participants are responsible for lost or damaged equipment. If equipment is not returned within a week of being checked out, it will be considered lost and the participant will be responsible for the replacement cost of the equipment. Replacement or repair cost for damaged equipment is at the discretion of the Campus Recreation