



USF RECREATION – FITNESS CENTER

UNIVERSITY OF SOUTH FLORIDA - SARASOTA-MANATEE TEACH-OUT SITE

Fitness Center Policies

Assumption of Risk: Serious risks are inherent while participating in 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 USF Recreation users, including both USF and NCF faculty, staff and students, must present a current and valid USF ID card or NCF ID card.
2. Upon first visit, NCF faculty, staff, and students must complete the registration process. For all subsequent visits, NCF constituents must show a valid NCF ID card.
3. 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.
4. Thoroughly clean equipment before and after each use using provided equipment wipes.
5. 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 NCF ID card.
6. Return Equipment Checkout items promptly after use.
7. The use of altitude training masks or any device that restricts one's breathing is prohibited.
8. Organized team activities or personal training other than that which is scheduled through USF Recreation is prohibited.
9. The use of cameras of any kind (unless approval has been granted by USF Recreation's marketing team) is strictly prohibited.
10. Equipment is to stay in its designated area for use.
11. 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.
12. 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.
13. Participants are required to use the equipment for its intended purposes.
14. Profanity, excessively loud grunting, banging and suggestive language that create an intimidating atmosphere are prohibited.
15. Participants are required to abide by all USF Recreation policies.
16. Report any accidents, injuries, or broken equipment immediately to the USF Recreation Staff on duty.

Equipment Checkout

1. Equipment checkout is free to current USF and NCF students, faculty and staff with a valid USF or NCF ID card.
2. Equipment is available on a first-come, first-served basis.
3. All equipment must be returned the same day it was checked out. This excludes overnight equipment, which is only available for some items.
4. 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 USF Recreation staff.



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Guest Information and Policies

1. Guest passes are not being offered to the Fitness Center starting Fall 2026 term.
2. USF Recreation reserves the right to deny access to a spectator.
3. False identification will be confiscated. The original owner, as well as the person attempting to use the card, will be suspended from all facilities.
4. USF Recreation reserves the right to turn over any confiscated identification to University ID Card Services and/or Student Conduct & Ethical Development (SCED).

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 USF 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. USF Recreation staff reserves the right to determine if footwear is appropriate for use.