

# LCC Fitness Center General Procedures

Welcome to the Lower Columbia College Fitness Center. We hope you enjoy your visit to this beautiful facility. To ensure that all visitors have a safe, productive, and enjoyable time, please observe the following policies and encourage your fellow visitors to do the same.

- Users must check in at the Front Desk when entering the building.
- Only current LCC students, faculty, staff, and fitness center members with a valid ID have facility access. ID cards are non-transferable and may only be used by their owner. Sharing identification cards for access into the building is considered forgery; this act will result in loss of privileges and confiscation of identification cards.
- Consult a physician prior to engaging in physical activity. Participants exercise at their own risk and are responsible for their own health and safety.
- Fitness Center staff will provide a first response to all facility emergency situations. First Aid supplies for injuries are available at the front desk. Injuries, accidents, or equipment failures must be reported to the staff.
- To protect the equipment and improve sanitation, all participants are asked to use the cleaning supplies provided to wipe off equipment after each use. Cleaning stations are provided throughout the facility. Do not spray disinfectant directly on video or digital display panels.
- Report damaged or defective equipment to Fitness Center staff immediately.
- Do not remove any signage for damaged or out of order equipment. Do not use any equipment that is labeled “out of order.”
- LCC facilities are not to be used for private gain. This includes any private, coaching, training, lessons, etc. that are not LCC sanctioned.
- The LCC Children on Campus policy is enforced at the Fitness Center.
- Users must follow all policies for each activity area and comply with requests made by Fitness Center staff. Participants are expected to be courteous to other facility users and staff and to treat the facility and the equipment with respect. Individuals who engage in unacceptable or disruptive behavior may have their access to the facilities revoked, modified, and/or be subjected to the Student Code of Conduct.
- Profanity, abusive language, and/or unsportsmanlike behavior will not be tolerated. Persistent use of such behavior as deemed unacceptable by Fitness Center staff will result in forfeiture of utilization privileges.
- Food is permitted in the juice bar area only. Non-spill water bottles are permitted in work-out areas; no glass bottles, without a protective wrap, are allowed in the facility.
- Chewing gum or sunflower seeds are not permitted in the facility. Please do not spit on the floor or in the drinking fountains.
- LCC is a tobacco-free campus.
- Clean closed-toe athletic footwear is required for all activity areas. No bare feet, sandals, or heeled shoes are permitted. Fitness Center staff reserve the right to judge the acceptability of footwear. Entire torso and buttocks must be covered at all time and good personal hygiene is expected.
- As a courtesy, personal music devices must not be audible to others including cell phones.
- Individuals under the influence of alcohol, illegal substances, or in possession of such substances will be asked to leave the facility. Permission to re-enter the facility may be subject to the review of Campus Safety & Security.
- You are not allowed to photograph or videotape individuals without prior consent.
- No bicycles may be parked in the facility. Adequate bicycle racks are located around the building.
- Personal belongings including coats, books, bags, backpacks, etc, may not be left near fitness equipment. All items should be left in the cubbies provided in the various workout areas or locked in a locker or car. Lower Columbia College is not responsible for lost or stolen items.

