



## **POLICIES AND PROCEDURES SCHOOL OF DENTAL MEDICINE FITNESS FACILITY**

Revised December, 2013

### **Purpose and Use Restrictions**

The SDM Student Fitness Facility is maintained for use by SDM students through the student activity fees. Use of this facility by any other individual is prohibited with the following exception. Faculty and staff who are employed at the SDM may also use the facility provided they are current members of the SIUE Student Fitness Center.

SDM faculty and staff who wish to become members of the SIUE Student Fitness Center can register at the SDM Office of Business Affairs (Bldg. 273) or the SIUE Student Fitness Center in Edwardsville. The twelve-month membership cost is presently \$225.00. A single payment of the total cost is necessary if you register at SDM Office of Business Affairs (Bldg. 273). At the SIUE Student Fitness Center in Edwardsville you can also make a single payment of \$225.00 for a twelve month membership or setup a monthly Electronic Funds Transfer for the amount of \$18.75, as long as you agree to at least a one year membership term.

### **Recommended Level of Fitness and Inherent Risk**

It should be understood that certain activities require a minimum level of fitness and health (physical, mental, and emotional) and that each person has a different capacity for participating in these activities. We strongly recommend that all individual(s) consult a physician before beginning any regimen of physical activity and advise the physician of your intentions. Fitness testing and exercise program design are available through the Wellness Center at SIUE, provided that your physician has approved involvement in physical activity. Appointments may be scheduled by visiting the Wellness Center, at the Student Fitness Center on the SIUE campus, or calling 650-BWEL (2935).

It should further be noted that certain risk of injury is inherent to participation in sports and recreational activities. Those types of injuries may be minor or serious and may result from one's actions or inaction's, the actions or inaction's of others, or a combination of both. The participant assumes the risk by taking part in these activities.

Policies and procedures are designed for the safety and protection of the participant. Participants should become familiar with the guidelines and adhere to them at all times.

### **Access to the SDM Student Fitness Facility**

1. Access to the Fitness Facility is gained at the interior door located in the basement level of Building 282, immediately below the Simulation Laboratory using the card reader access point that unlocks the door. Each individual is required to use their own SIUE ID to access this door and the door cannot be propped open at any time. Unauthorized use of any other entry/exit door (emergency exits) is prohibited and will activate an alarm system.
2. Use of the SDM Student Fitness Facility is limited to current SDM students and SDM faculty/staff that have active memberships to the SIUE Fitness Center with their valid SIUE ID card. Use of this facility by any other individual is prohibited. Guests are not permitted in the SDM Fitness Facility. All individuals must have a validated SIUE ID. All member

access is provided through the activation of their SIUE ID which can be scanned at a card reader to gain entry into the SDM Fitness Facility during operating hours. All members of the SDM Fitness Facility also have access to the SIUE Student Fitness Center in Edwardsville and are welcomed to participate in club sports, intramurals, group fitness classes and other programs as they choose, but main campus members do not have access to the SDM Fitness Facility.

3. Any individuals who have special needs should notify the Fitness Coordinator (618-650-5392) so we can provide advisement and/or assistance. Please communicate in advance, because the Fitness Coordinator is located on the Edwardsville campus and will not be immediately available to the SDM Fitness Facility.
4. Any ID of a suspicious nature or not belonging to the bearer may be confiscated immediately. Using the ID of another person in order to access the Fitness Facility is a form of identity theft and is considered theft of services in addition to being a direct violation of the Student Conduct Code. The bearer and/or the owner may be reported for a violation of the SDM and SIUE Student Conduct Code and/or face disciplinary action through the Office of the Vice Chancellor for Student Affairs and/or Campus Police.
5. Members who have lost their membership ID must purchase a replacement card. Please report lost cards to the SDM Business Office as soon as possible so that we may assist you in attempting to locate the card.
6. SIUE and the SDM reserve the right to ask for additional identification at any time.

### **Operating Hours**

The operating hours for the SDM Fitness Facility are:

**Daily: 7:00am – 10:00pm**

***Note: Semester Breaks & holiday hours may vary***

### **Attire and Footwear**

*In an effort to promote safety, reduce the spread of communicable diseases and prevent additional wear and tear on equipment and machines, all participants are asked to wear appropriate athletic clothing while working out or participating in activities. Participants not wearing appropriate clothing or found to be offensive will be told to adjust as needed or asked to leave the facility.*

1. Clothing that covers the chest and back areas must be worn in all fitness areas.
2. Shoes are required in all activity areas. Athletic shoes with non-marking outsoles are required, no open toed shoes, boots, and shoes with metal buckles are permitted.
3. Recommended attire includes: sweat suits or shorts, and non-mesh T-shirts or tops.
4. Jeans, jean-shorts, cargo pants, belts etc., are not be permitted.
5. Please carry a towel and wipe off any used equipment seats and backs after each use, or use the disinfectant and towels supplied.
6. We recommend that you not wear expensive jewelry or jewelry which may cause injury or damage equipment. No jewelry is permitted for all Intramural participation.
7. There are men's and women's restrooms and showers available within the Fitness Facility. All clothing and bags are to be stored in the storage cubbies within the facility.

### **Food, Beverage and Tobacco Procedures**

1. All type of tobacco use is prohibited. The SFC/VC and SDM are all smoke-free environments.
2. Use of Fitness Facilities while under the influence of alcohol and/or drugs is prohibited.

3. Food and drink may not be brought into activity areas.
4. Water in a water bottle is allowed if the bottle is made of a non-breakable material.

### **Usage Guidelines**

1. There is a twenty-five (25) minute limit per individual for using cardiovascular equipment when others are waiting.
2. The machines and weights should be used with care. Weight stacks can cause injury, equipment damage, and facility damage. Please use intelligence and care. Users should be courteous to others by limiting the length of their workout at a single station and by observing posted time limits when others are waiting.
3. Users should only use the machine pin designed for the machine they plan to use. The use of an incorrect pin and/or the improper insertion of the pin may cause injury and/or damage to the machine. Machine pins should remain at the station to which they belong.
4. If weights, pulleys or other parts become jammed, users should not attempt to free them without staff assistance. Report all problems to the Fitness Coordinator (618-650-5392).
5. Users should always inspect equipment for loose, frayed or worn parts before using. If in doubt, do not use the equipment and report the problem to the Fitness Coordinator (618-650-5392).
6. To reduce the chance of injury, you should keep your head and limbs clear of weights and moving parts at all times.
7. All equipment is to be returned to appropriate storage locations after use.
8. Fitness Facility equipment is to remain in the room, at its appropriate location. Furniture or equipment from other areas may not be brought into the Fitness Facility.
9. Equipment should not be leaned against the walls, pillars or other objects due to possible facility damage or injury.
10. Personal belongings should be stored in available cubbies, not left on the floor or on any piece of fitness equipment.
11. Please help keep the facility neat and appealing to all users by properly disposing of trash either in the proper recycling container or trash cans.
12. TV screens with DVD players are available for use by patrons for personal workout videos or entertainment while working out. Any offensive material is not appropriate and can result in loss of privileges and/or additional sanctions.

### **Penalties for Abuse of Facilities or Failure to Abide by Policies and Procedures**

1. Individuals who damage the facilities or equipment will be responsible for the repair or replacement cost.
2. Individuals who abuse or damage the facilities, or fail to follow established procedures, may forfeit their right to use the facility without refund, and can face additional sanctions from the Dean of Students and/or Campus Police.
3. These policies and procedures are established with the safety and enjoyment of all participants in mind. Decisions rendered by the Department of Campus Recreation on any infraction may be appealed to the Campus Recreation Advisory Committee.