SOUTHWESTERN LAW SCHOOL
FITNESS CENTER
Rules and Regulations

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1. Only Southwestern students, faculty, staff and alumni may be members of and utilize the Fitness Center. Visitors are not permitted.

2. Members who participate in the Fitness Center will be doing so at their own risk. Southwestern Law School is not responsible for any injury that may occur to individuals participating in any exercise activity. Participation in exercise activity is on a voluntary basis.

3. Members are required to sign in at the reception desk for each visit to the Fitness Center. All members must also present their own valid student, faculty, staff, or alumni identification card to use the Center.

4. The Southwestern Fitness Center is intended to give members a clean, safe and enjoyable place to exercise for general fitness purposes. Bodybuilders and some highly-conditioned athletes may find that this facility is not sufficient for their workout goals and it is therefore suggested that another facility may better suit the needs of this special population.

5. <u>Attire:</u>
   - Proper athletic attire must be worn at all times.
   - Tennis shoes must be worn at all times.
   - Absolutely no sandals, open toed or open-backed shoes are permitted.
   - T-shirts must be worn. Tank tops are not allowed.
   - No jeans or jean shorts allowed.

6. Food is not permitted in the Fitness Center. No gum is allowed.

7. Water, Gatorade or sports drinks are permitted provided they are in a sealable, plastic container.

8. Radios and tape or CD players are not permitted unless they are personal units (such as a "Walkman") equipped with headphones.

9. Students are required to behave according to the rules and regulations of the Student Handbook. Faculty are required to behave according to the rules and policies identified in the Faculty Handbook. Staff members are required to behave according to the rules and policies identified in the Employee Handbook.

10. Smoking and tobacco products are not permitted in the Fitness Center.

11. The Fitness Center is not responsible for lost or stolen items.

12. Members are required to pick-up after themselves and discard trash and remove personal items.

13. For safety reasons, personal items, bags and other items are to be stored in lockers only and not on the Fitness Center floor.

14. All members are required to wipe down cardio and weight room equipment after each use. Paper towels and disinfecting spray is available for use.

15. Weight Area Etiquette:
    - Use of chalk is not permitted.
    - Other members must be allowed to "work in" between sets.
    - Return weights to the tree or rack that you found them.
    - Do not set weights against the wall, mirror, benches or other equipment.
    - Do not drop weights or dumbbells on the floor or benches.

16. Cardiovascular Area Etiquette:
    - During busy times or whenever someone is waiting for your machine, observe the 30-minute time limit on all cardiovascular equipment.
    - Wipe down equipment after each use.

17. Report damaged equipment immediately to the Fitness Center Assistant.

18. Report unsafe exercise or bathroom conditions immediately to the Fitness Center Assistant.

19. Report injuries immediately to the Fitness Center Assistant.

20. The Fitness Center reserves the right to refuse service to any member who violates any rule or regulation, or engages in any verbal and/or physical abuse towards Fitness Center staff or members.

21. The Fitness Center Assistant on duty is ultimately responsible for enforcing all rules, regulations, and procedures. If at any time a member does not comply with the rules and/or the assistant on duty, the member will be asked to leave, and/or his/her fitness center privileges will be revoked. The Fitness Center Assistant on duty has the right to enlist the help of Campus Security whenever these situations arise.

22. Any formal problems, questions, or concerns regarding Southwestern's Fitness Center should be submitted via e-mail to fitness@swlaw.edu. Please clearly indicate the issue being addressed, and be sure to include your name and phone number. All e-mails will be carefully reviewed.

I hereby agree to comply with the Fitness Center's Rules and Regulations described above as part of my membership in the Fitness Center. I understand that my membership privileges may be terminated by my failure to comply with the Fitness Center Rules and Regulations.

_____ _____
Signature Date

_____ _____
Print Name Student ID Number

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Form Received By