

USER GUIDELINES

As with any physical activity, strength and cardiovascular training involves an element of risk. The following recommendations will help ensure that training is as safe and productive as possible.

- The Fitness Center is open to use for all current Meredith College students, faculty, and staff.
- All participants must have a valid Meredith College ID.
 - Participants must bring their ID will have it scanned upon entry
 - IDs that do not look like the person presenting them or have poor picture quality will not be accepted.
 - Fitness Center employees reserve the right to determine the picture quality of an ID card.
 - Fitness Center employees have the right to confiscate an ID if they feel the person presenting the ID is not the person on the ID.
 - IDs that are broken will not be accepted.
 - Driver's License, Temporary ID's, Military ID's, and class schedules will not be accepted as a form of ID.
- All users must complete a waiver form prior to participation.
- It is recommended to consult with a physician prior to embarking on any strength and/or cardiovascular program,
- To minimize the change of injury:
 - Do not lean on the weight stack or other moving parts
 - Keep clear of safety catches, cables, and pulleys
 - Use proper form and technique
 - Do not throw medicine balls
 - Follow directions on all equipment
- All users must wear appropriate exercise apparel which includes a shirt or razorback tank top with respectful coverage. Only clean, closed-toe, closed heel athletic shoes are permitted in the activity areas.
- All users are expected to conduct themselves in a friendly and supportive manner.
- Fitness Center equipment is available for Meredith College users on a first-come, first-serve basis.
- Scheduled activities and classes within the facility have priority to equipment.
- Bumper plates are required on the platforms for all power lifts.
- Do not stand on equipment or storage units, cubbies, etc.
- The following are prohibited in the fitness center:
 - metal cleats
 - pets(service pets are allowed)
 - guns, weapons, fireworks
 - glass containers
 - tobacco, food, chewing gum, cans, alcohol, drugs, and banned substances

- golf, or any activity that could damage surfaces
 - unauthorized wheeled vehicles
 - skateboards or skating equipment
 - unauthorized food/beverages
 - unauthorized use of the facility
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- All drinks, including water, must be in a sealable container.
 - The Fitness Center is not responsible for any loss or damage to personal property. Users are highly encouraged to not bring valuable items to the fitness center. Thefts should be reported to the staff immediately.
 - Only fitness center personal trainers may personal train participants at the facility. No outside personal trainers are allowed.
 - Harassment or disregard of the directions provided by the staff will result in immediate removal from the facility and may result in additional disciplinary action.
 - Requests for approval to post flyers, signs or posters are directed to the fitness center director.
 - Anyone requesting to take photographs or video the fitness center must request permission from the director.
 - Organized activities other than those approved by the fitness center director are prohibited.
 - The Lowery Fitness Center reserves the right to implement any guidelines that protect the health and safety of the facility and its users.