

Delta College Fitness & Recreation Center Facility Rules

Fitness & Recreation Center Members must check in at the Customer Service Desk prior to using the facilities, and check out when leaving.

Members will receive a towel at the time they check in. Members are to return the towel when they check out.

Pets are not allowed except for guide, service, or signal dogs.

Only personal stereos with headsets are allowed.

Backpacks and gear bags must be stored in lockers. Activity areas must be clear of personal items.

No food or open beverages are permitted in the Fitness Center. Only bottled drinks in plastic containers with screw on lids (i.e., plastic water bottles or sports drinks) are permitted. In the gyms, bottled drinks in plastic containers with screw on lids (i.e., plastic water bottles or sports drinks) are permitted but must be either on a bleacher bench or along the wall. Food and drinks are not allowed in the racquetball courts.

Members should conduct themselves in an appropriate manner and should be courteous and respectful to facilities staff and other members.

Profanity, destructive or aggressive behavior will not be tolerated and Members engaging in such behavior may be asked to leave.

Inappropriate behavior or disregard for the Fitness & Recreation Center guidelines may result in suspension or revoking of membership benefits without a refund in some cases.

Proper attire will be worn at all times (shirts, closed-toe shoes, shorts, workout attire, etc). No belt buckles may be worn.

No swimsuits are permitted on the Fitness Floor or in the hallways. No rubber suits allowed. Shirts and shoes must be worn outside of locker room and pool areas. Shirts are required at all times.

Participants not dressed appropriately may be asked to leave.

Only tennis shoes or soft-soled shoes permitted in Fitness & Recreation Center and on court floors. No open-toe, hard-soled, or black-soled shoes permitted. Only non-marring shoes may be worn.

Individuals **13 and younger** must be accompanied by a parent or guardian (18 & over) while in the FRC facilities.

In order to use the Fitness/Weight equipment you must be of high school age. Individuals aged 14-18 may require the presence of a parent or guardian while on the fitness floor.

Re-rack all plates and dumbbells when finished. Be considerate by allowing others to work in between your multiple sets or repetitions.

Do not remove plates or dumbbells from Fitness Center.

Wipe down equipment after each use.

There may be a 30-minute time limit on cardiovascular equipment if others are waiting to use the same equipment.

Safety clamps must be used when lifting free weights.

Volunteer spotters are recommended when using free weights. Fitness Center staff will not spot.

All weights and equipment are to be returned to the proper location after use.

Chalk use is not permitted in the Fitness Center.

Be aware of others around you. Don't stand where you block the equipment.

Be patient when waiting for equipment and be efficient when using equipment while others are waiting.

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