

Southern Connecticut State University Fitness Center

Membership Application

The SCSU Student Center Fitness Center is designed to provide a positive environment for all of our students and professionals to engage in moderate exercise to improve and maintain their desired level of fitness.

The following policies were created to ensure an enjoyable and safe exercise environment. Please read through them carefully. Check your email and the Fitness Center website for any changes in hours, policies, or class schedules. Failure to adhere to policies & procedures may result in membership termination. All problems, questions, concerns should be directed toward the Assistant Director.

Membership

Eligibility & Membership Fees

- All current SCSU students, Faculty & Staff are eligible to purchase a membership for the Southern Connecticut State University Fitness Center. Members must present a valid SCSU ID to apply for, enter and use the facilities.
- Students \$60 per semester; Faculty & Staff \$225 per year. Payroll deduction may be available for *FULL TIME* faculty/staff. Please ask Fitness Center staff for details.
- **Hoot Loot is the only form of payment accepted; no cash, credit cards or checks.**
- Membership fees are non-refundable

Application

- **Those who are interested in joining the fitness center must complete the membership application, including a liability waiver.** Return the membership packet to the SCSU Fitness Center staff.
- Memberships may be purchased Monday-Friday 8:30am-4:30pm. Applicants may drop off a membership application during any hours of operation and will be contacted as soon as possible to process the application.
- We encourage members to review the Physical Activity Readiness Questionnaire posted at the Front Desk to assess their own personal readiness for exercise before joining.

Hours of Operation:

Monday- Thursday: 7:00am-10:00pm
Friday 7:00am- 8:00pm
Saturday: 9:00am-4:00pm
Sunday: 2:00pm-7:00pm

Summer & Break Hours

Tentatively scheduled as

Monday-Thursday 7:00am-6:00pm
Friday 7:00am-4:30pm
Weekends Closed

Access to the facility ends 30 min before closing. We ask members to be out of the facility by the designated closing time!

The SCSU Fitness Center reserves the right to reduce hours during breaks, final exams, between academic semesters, and during the summer. The SCSU Fitness Center may temporarily close each semester for maintenance purposes. SCSU fitness center reserves the right to close due to weather and on public & University holidays and will be held harmless should the facility be unavailable for use at this time, or due to damage by fire, act of God, catastrophe, accident or other reasons beyond the control of Southern Connecticut State University.

Policies & Procedures

Emergencies

- In the event of an emergency within the Fitness Center please notify a staff member immediately, and then follow the staff instructions to aid in the emergency maneuvers. If you have an injury or adverse reaction to exercise, please alert the staff so they may contact emergency services to assist you. Staff are required to call campus police or 9-1-1 in case of any emergency.

Member Safety

- If a member is involved in a medical incident or if the staff determine a member is at 'increased risk' from a health screening form or during a screening test, that member's Fitness Center privileges may be suspended until the member provides a completed medical clearance form to the Assistant Director, Fitness Center. Any health information collected by staff will be treated as confidential and will be kept private to the extent the law allows.

Staff Supervision

- SCSU student staff provide primary supervision for the facility and may or may not be CPR certified. All staff act with the full authority of the Assistant Director. 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.

Southern Connecticut State University Fitness Center

Equipment Orientation Policy

- Participation in orientation sessions are strongly recommended and will review proper equipment set up and operation as well as techniques members can use to have a safe workout. Sessions will be offered on a regular basis at no additional cost. See staff to sign up for a free orientation session or for help with use of any equipment.

Equipment Usage

- We recommend lifting with a partner whose strength is similar to yours; if without a partner **avoid lifting weights over or above the body**; instead use the selectorized equipment.
- No Olympic lifting is allowed.
- **DO NOT DROP WEIGHTS. DO NOT ALLOW MACHINE PLATES TO SLAM DOWN.** Perform controlled reps only or you'll be asked to leave.
- Members must clean equipment with the cleaning solution provided in spray bottles throughout the facility.
- We recommend using the safety clip located on the left of all treadmill consoles.
- Fitness Staff are not permitted to spot patrons.
- Share equipment and allow others to use your machine when doing multiple sets.
- Please report equipment failures to the staff on duty.
- There is a 30 minute time limit on individual cardiovascular machines during busy times.
- Weight collars, pins, clips & Smith machine safety hooks **MUST** be used.
- Re-rack all weights/plates to their designated storage areas.
- Benches must be kept out of walkway. **Decline bench & Preacher Curl may not be moved.**

Dress Code

- Anyone in violation of our dress code policy will be asked to leave- no exceptions. Repeat offenders may lose all membership privileges.
- Only unaltered t-shirts and sleeveless shirts which cover the entire stomach, chest and back (**NO strappy tank tops or bra tops**) are allowed. Sweats, modest shorts and similar items are considered appropriate attire. Athletic shoes must be worn at all times. No earrings larger than a quarter may be worn.
- Flip flops, open back shoes, boots, black-soled shoes, jeans, and any pants with buttons or hardware (zippers/rivets) are prohibited.

Member Conduct

- NO CELL PHONES may be used in the Fitness Center, including locker rooms.
- WATER ONLY- No gum chewing, food, or other drinks are allowed.
- Personal trainers not hired or authorized by the Assistant Director Student Center. Fitness Center may not train clients within the SCSU Fitness Center. If found to be doing so, the trainer & client will lose membership privileges
- No smoking, drugs or alcohol are permitted and members may not use equipment while under their influence.
- **No loud &/or abusive** language is permitted.

Locker Room Policy

- All belongings must be placed in a locker; no personal items may be left in the exercise areas or held by staff.
- **We strongly recommend using a lock to prevent theft.**
- Any personal locks left on lockers at closing will be cut off and contents placed in the lost & found.
- Any items left in the showers will be discarded at the end of the day.

Group Exercise Class Policies (see website for most recent class schedule)

- Participants **must sign up** with staff to reserve their space for all classes, no more than 15 minutes before class.
- No admittance is allowed into classes more than 5 minutes after the class begins.
- Classes may be cancelled/alterd without notice. Signs will be posted alerting you of changes.
- Cycling class participants must bring a plastic, closed container of water into class. **No water =no class!**
- Participants should arrive 5-10 min. before scheduled starting time for instruction on proper bike set up.

Contact Us!

392-8971

www.southernct.edu/fitnesscenter

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