

## EXERCISE SCIENCE LAB RULES AND REGULATIONS

All patrons must present a valid GCC identification card upon entry to the facility. All patrons must complete a set of forms prior to using the Exercise Science Lab. This will include an Informed Consent Form, an Activity Waiver Form and a PAR-Q self-assessment health form, for our records. It is asked that these forms be accurately and completely filled out. These forms will be filed and kept confidential.

1. You must have a valid GCC ID card and present it every time you enter the Lab. You must sign in and out. Patrons without ID will not be allowed to work out or remain in the Exercise Science Lab.
2. No tobacco, drugs, alcohol or illegal substances of any kind are allowed in the facility.
3. You are expected to act in courteous and respectful manner. You are always required to follow the instructions of the Exercise Science Lab staff. Profanity, yelling, rude or boisterous behavior will not be tolerated.
4. Clean, dry sneakers must be worn when working out. No street clothes, bare feet, boots, sandals, dress shoes, cleats or other types of footwear may be worn.
5. Proper athletic clothing must be worn when working out. Shirts and shoes must be worn at all times. Jeans, jean shorts, khakis and excessively loose-fitting clothing are not allowed. Apparel with ornamental zippers, chains, rivets or buckles are not permitted. The Exercise Science Lab staff reserves the right to determine what constitutes appropriate athletic attire.
6. Daily Use Lockers are available. You must provide your own lock and remove it at the end of your workout. Locks left on lockers at the end of the day will be cut and the belongings will be placed in lost and found. GCC is not responsible for lost or stolen items. For safety and security reasons, if you are not comfortable leaving your bag and personal items in the Daily Use Lockers, please secure your personal items in your car or at home.
7. Except for water and sports drinks, no food or beverages are allowed in the Lab at any time. No glass containers are allowed.
8. There is a 30-minute time limit on cardiovascular equipment.
9. No equipment is to be moved from its designated area and none may be taken out of the Exercise Science Lab. No additional equipment is allowed into the Exercise Science Lab.
10. Report all damaged or broken equipment to an Exercise Science Lab staff member immediately.
11. In order to keep the facility clean and safe, be sure to wipe down equipment that you use when you are done. Additionally, be sure to rerack your plates.
12. The lab staff must close and secure the lab at the exact posted closing time. Please plan your workout, showers, and changing time accordingly.
13. At times during the semester, the Exercise Science and Wellness Program may require the closing of the Exercise Lab within the posted hours for course work. We apologize for the inconvenience and this will only be done when absolutely necessary and for as brief a period as possible.
14. It is your responsibility to follow all rules. Please ask the staff on duty if you have any questions or need assistance.

The Lab utilizes a three-strike policy: 1. First offense – warning 2. Second offense – Removed for the day 3. Lab privileges permanently revoked

Thank you for agreeing to follow the above Rules and Regulations.