

OJC Fitness Center Policies and Procedures

Access

- Members must provide a valid OJC ID to enter and use the Facilities.
- We ask Members to be out of the Facility by the designated closing time.

Emergencies

- In the event of an emergency within the Fitness Center, notify a Staff Member immediately, and follow the Staff Member's instructions. Emergency Services will be contacted for assistance.

Staff Supervision

- OJC student work studies provide primary supervision for the Facility and may or may not be CPR certified. All Facility Staff is under the authority of the Fitness Director.
- All OJC Staff Members have the right to remove anyone from the Fitness Center Facility in the result of bad behavior, destruction of property, profanity, not having proper OJC identification, etc.
- Individuals are responsible for their personal belongings. OJC is not responsible for lost or stolen possessions. Lost and found items will be held at the front desk. Please report any lost or stolen items to the Facility Supervisor at the front desk.

Equipment Orientation Policy

- Participation in Orientation sessions is recommended which will review proper equipment setup and operation along with proper technique demonstrations so Members can have a safe workout. See Fitness Center Staff for orientation details.

Equipment Usage

- All equipment must be used in the manner for which it is designed.
- We recommend using the safety clip located on the left of all treadmill consoles.
- No outside equipment (unless use of personal racquet ball equipment) is allowed inside Facility.
- A spotter is necessary when performing heavy lifts.
- Share equipment and allow others to use your machine when doing multiple sets.
- **DO NOT DROP WEIGHTS. DO NOT ALLOW MACHINE PLATES TO SLAM DOWN.** Perform controlled reps only or be asked to leave.
- Please report equipment failures to the staff on duty.
- 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 in designed area of use.
- Only rubber weights are allowed on Olympic Platforms.
- Members should clean equipment with the cleaning solution provided in spray bottles throughout the facility. **PLEASE** Spray the towel first and **THEN** wipe down cardio machines and weight machine seats/benches.

Dress Code

- Wear proper Gym attire (shirts, shorts, sweat pants). Shirtless is prohibited.
- Wear appropriate athletic shoes that protect feet and protect floors. (Sandals, flip flops, all cleats and boots are prohibited).
- Wear appropriate athletic shoes that do not scuff racquetball court floors.
- Muddy or dirty shoes are prohibited in Weight Room area, racquetball courts and Aerobic Room.

Member Conduct

- No food, drinks or gum (except water or sports drink in closed plastic container) is allowed inside the facility.
- No smoking, drugs, or alcohol are permitted.
- No Pets are allowed inside Fitness Center Facility.
- No audible music is allowed in facility unless given permission by Fitness Center Staff.
- Loud and/or abusive language is not permitted.
- No person under 14 years of age unless accompanied by an adult is allowed into Fitness Center weight room area without permission.