

INDIANA UNIVERSITY SOUTHEAST

FITNESS CENTER RULES & REGULATIONS

All participants entering the Fitness Center must comply with the appointed staff regarding enforcement of the rules and regulations of this facility.

- Valid university ID is required to use Fitness Center. Participants must be able to produce this ID when asked by any staff member.
- Profanity, excessively loud noise, suggestive language, and sexual harassment are prohibited. IU Southeast is committed to providing a working and learning environment that is free from sexual harassment and it is the policy of this University that sexual harassment in any form will not be tolerated.
- Please be courteous of others in the fitness center at all times:
 - Equipment must be sprayed and wiped clean after every use and returned to its proper location;
 - Please limit your time on the cardiovascular machines to 30 minutes during peak times of day;
 - Please, do not monopolize more than one piece of equipment, barbell, set of dumbbells, etc.;
 - Do not drop or throw barbells or weights to the floor;
 - Slamming, dropping or bouncing weights (machines or free weights) is prohibited;
 - Olympic/power lifting (e.g. cleans, clean and jerk, any uncontrolled lifting) is prohibited;
 - Return all plates, bars, dumbbells, and accessories after use;
 - Be considerate to others – do not sit and socialize on equipment;
 - No external music device or speakers are allowed in the fitness center. Personal music devices are only allowed with headphones or earbuds.
- Do not remove any equipment from the Fitness Center including free weights, plates, stability/medicine balls or cable accessories. Dumbbells should not be removed from free weight area.
- Proper athletic attire must be worn:
 - Tennis shoes must be worn at all times (No open toe shoes allowed);
 - Shirts must be worn at all times;
 - Shirts that fully cover the torso and midsection are required;
 - Mesh or see-through clothing will be deemed inappropriate;
 - No jeans, jean shorts, khakis, cargo pants, or cargo shorts allowed.

- Water and sports drinks are allowed provided they are in a sealable, plastic container. No open beverage containers, food, gum or tobacco allowed.
- No outside personal training is permitted in the Fitness Center or the Activities Building.
- IU Southeast is not responsible for any lost, stolen or damaged items. Any lost and found items will be held at the Activities Building until the end of the semester.

If any participant does not comply with the rules and/or staff member instruction, the individual may be asked to leave and his/her privileges may be REVOKED. Appropriate disciplinary actions, including verbal warning, removal from fitness center, restricted use of facilities, and loss of usage privileges, will be administered accordingly.

To Report An Issue or Problem, please visit: <https://www.ius.edu/gym-report>

To view the full gym schedule please visit: www.iusathletics.com

Indiana University Police (IUPD) may be called for assistance if necessary (812-941-2400).

Updated: 1/27/17

