

Webster University Fitness Center and Gymnasium Policy and Regulations

- *Fitness Center and Gym are open to all Students, Faculty, Staff, Retiree and Eden Seminary Students at no charge. Memberships are available for purchase to alumni; special affiliates; and family members of students, faculty, staff, alumni, and retirees.*
 - *All patrons must present a valid Webster University ID to enter and use the facilities.*
 - *No guests are allowed.*
 - *Patrons are asked to observe the following policies which have been adopted to protect all users' right of access to the facility, to ensure health and safety of all guests and protect resources from damage.*
 - *It is strongly recommended that each participant have a medical examination and physician approval prior to engaging in any physical activity. Please notify the Fitness Center Staff if special circumstances apply.*
 - *New user Orientations are recommended. Please see Fitness Center Staff for assistance.*
1. Access to the Fitness Center is granted at the service desk by presenting a valid Webster University ID or membership card.
 - a. Fitness Center staff reserve the right to ask for additional identification at any time.
 - b. Any ID of a suspicious nature or not belonging to the bearer, will be confiscated.
 - c. Memberships are non-transferable and nonrefundable.
 - d. If the staff member is not present, please leave your ID at the desk and staff will issue you equipment when they return.
 - e. No one under the age of 16 will be permitted entry.
 2. All personal belongings must be stored in a locker room locker or in the shelving provided.
 - a. Webster University is not responsible for lost or stolen items.
 - b. Please bring your own lock for security purposes.
 - c. Lockers are for day use only and locks will be removed if left over night. Items in the locker will be placed in Lost and Found. Items left unclaimed for more than 30 days will be discarded or donated to charity.
 3. Appropriate attire is required for the safety of users and to prevent disease transmission.
 - a. Clean, closed-toed athletic shoes. NO boots, cleats, flip-flops, sandals.
 - b. Shirts covering the entire stomach, chest, back and midriff. NO tanks, bra tops, muscle shirts.
 - c. Sweatpants, modest shorts and similar items. No jeans, cut-offs or belts.
 4. All users are responsible for keeping the facility clean and safe.
 - a. Towels are recommended for all users and are issued from the service desk by Fitness Center Staff.
 - b. To protect the equipment and improve health conditions, all users are required to wipe down equipment after each use. Gym Wipes are provided.
 - c. All wounds must be covered with a bandage.
 - d. Please put equipment back into its appropriate storage space.
 - e. Spitting or defacing the facility will not be tolerated.
 - f. Report malfunctioning or damaged equipment to the Fitness Center Staff immediately.
 - g. Misuse of equipment may result in immediate expulsion from the facility.
 - h. Incidents and injuries should be reported to the Fitness Center Staff immediately.
 5. No food or drink allowed in the Fitness Center. Water in a closed cap bottle is allowed.

6. Please be aware of your behavior and respect of other users and Fitness Center Staff in the facility.
 - Observe the maximum of 15 minutes on cardio equipment when someone is waiting.
 - Use all equipment appropriately, machines, free weights and small equipment.
 - NO profanity.
 - No Cell Phone use is allowed in the facility, including locker rooms.

7. Music and television entertainment is provided for all users.
 - a. Music played through the sound system is chosen by Fitness Center Staff with all users in mind. If you would prefer to listen to your own music, please bring a headset and music device.
 - b. Personal music must be kept at an appropriate volume. Other users should not be able to hear it.
 - c. You may request another television channel if others users do not object. Please see the Fitness Center Staff for help.

8. Third-party personal training is NOT allowed in the Fitness Center.

9. Harassment of other Fitness Center users, guests or staff, either verbally or physically will not be tolerated. This may include verbal abuse, use of profanity or other abusive language, intimidation, staring at or following another person within the facility.

10. Free Weight specifics
 - a. Weight gloves are recommended when using free weights.
 - b. DO NOT drop or clang weights.
 - c. Return all weights to their appropriate storage locations.
 - d. Observe caution at all times.
 - e. Utilize a spotter and collars when using free weights.
 - f. No excessive load noise of any kind.
 - g. Please be courteous to others by limiting the length of your workout at a single station. Be respectful of other users in this space.
 - h. Horseplay will not be tolerated.

11. Small equipment specifics
 - a. Do not bounce the medicine balls off the floor or walls.
 - b. Please put all equipment back into its appropriate storage space.

12. Gymnasium specifics
 - a. Anyone entering without checking at the Fitness Center or without their ID will be asked to leave.
 - b. No black soled shoes that will leave marks on the gym floor.
 - c. Spitting, abusive behavior or defacing the facility will not be tolerated. Damages will be the responsibility of the destructive user.
 - d. Please put equipment back into its appropriate storage space.
 - e. Throwing balls against the walls, bleachers and lights is not permitted.
 - f. Sitting or standing on top of the closed bleachers is not permitted.
 - g. Dunking, slapping the backboards, and hanging on the rim or nets is strictly prohibited due to the risk of injury and potential damage to the equipment. Violations will result in immediate ejection from the facility.

- h. Incidents and injuries should be reported to the Fitness Center Staff immediately.
- i. Check Gym schedule or call the fitness center for availability.

13. Users who fail to respect other people and/or the equipment will be asked to leave the premises. Continued problems could result in permanent loss of facility use privileges.

The Fitness Center reserves the right to reduce hours during breaks, final exams, between academic semesters, and during the summer. The Fitness Center may temporarily close for maintenance purposes. reserve the right to close due to weather and on public and University holidays and will be held harmless should the facility be unavailable for use at these times or due to damage by fire, acts of God, catastrophe, accident, or other reasons beyond the control of Webster University.

Fitness Center staff, facility management and Webster University staff have final authority on all activities in the Webster University Fitness Center.