

# Webster University Fitness Center and Gymnasium Policy and Regulations

- x Fitness Center and Gym are open to all Students, Faculty, Staff, Retiree and Eden Seminary Students no charge. Memberships are available for purchase to alumni; special affiliates, family members of students, faculty, staff, alumni, and retirees.
  - x All patrons must present a valid Webster University ID to enter and use the facilities.
  - x Patrons may bring one guest per visit. The guest fee is \$5.00 per day. Patrons must be in the company of their guests at all times. The guest must sign the waiver to use the facilities.
  - x Webster University reserves the right to restrict access to the facility, to ensure health and safety of all guests and protect resources from damage.
  - x 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.
  - x 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.
    - 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 non-refundable.
    - d. If the staff member is not present, please leave your ID at the desk. Staff will issue you equipment when they return.
    - e. No one under the age of 16 will be permitted entry.
  2. Webster University is not responsible for lost or stolen items.
    - a. Personal belongings may be stored in a locker room locker in the shelving provided.
    - b. Please bring your own lock for security purposes.
    - c. Lockers are for day use only and locks will be removed if left overnight. 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, or skirts.
    - c. Sweatpants, modest shorts and similar items. No jeans, shorts, 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.

6. Please be aware of your behavior and respect other users and Fitness Center Staff in the facility.
  - a. Observe the maximum of 51 minutes on cardio equipment when someone is waiting.
  - b. Use all equipment appropriately, including machines, free weights and small equipment.
  - c. No profanity.
  - d. 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.

- h. Dunking, slapping the backboard, 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.
- i. Incidents and injuries should be reported to the Fitness Center Staff immediately.
- j. 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. The Fitness Center reserves the right to close due to the 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.