**CSDB Fitness Center Rules**

**1. Eligibility**

The CSDB Fitness Center is strictly for the students and staff of CSDB. All staff are required to sign the CSDB Wellness Program waiver, agree to these rules, and gain department administrator approval to use the Fitness Center. Staff are only permitted to use the CSDB Fitness Center outside of working hours, as agreed upon with your supervisor.

**2. Operating Hours**The CSDB Fitness Center operates from:

6:00am to 12:00am on weekdays

when teaching staff are on duty.

Closed on weekends and school Holidays.

**3. General Conduct**

Staff are expected to allow students to have priority access to equipment and weights. If a class or a team is using the fitness center, staff should not interfere with student opportunities to train.

**4. Use of Equipment**

All users must observe the instructions and safety precautions pertaining to the use of the exercise equipment. If in doubt, users should request assistance. Users will be held responsible for any damages caused to the equipment by them. Return all equipment to its original place after use. Do not monopolize the machines. Cardio machines are restricted to 30 minutes per use during peak hours. All other equipment should be shared among users at all times. Free weights are not to be taken from its designated area. Safety collars must be used at all times. No equipment shall be removed from the gymnasium.

**5. Restrictions**Appropriate exercise attire including footwear should be worn at all times when using the CSDB Fitness Center. Only water or sports drinks contained in proper “non-spill” sports bottles are to be brought into the exercise area. No personal exercise equipment is allowed in the CSDB Fitness Center. For safety reasons, all mobile phones, MP3 players, Discman, IPODS…etc, should be made inaudible to other users and properly secured to the body of the owner when exercising.

**6. Access**

Access to the north door of the gym building and the north door of the CSDB Fitness Center will be added to staff access cards when all paper work is complete and turned in. Do not allow other staff members access to the CSDB Fitness Center. Each staff member must use their access card to gain entry. This document is to be reviewed annually. The waiver is to be signed annually. And access is to be reviewed annually.

DISCLAIMER

While reasonable safety precautions have been taken in relation to the use of the CSDB Fitness Center, please note that you use the CSDB Fitness Center at your own risk. Neither CSDB, nor its servants or agents shall be liable for any loss or damage to property or death or personal injury arising from use of the CSDB Fitness Center.

All users are advised to seek medical consultation and clearance before embarking on any exercise programs.