

POLICIES AND PROCEDURES

SDM FITNESS FACILITY

Purpose and Use Restrictions

The SDM Student Fitness Facility is maintained for use by SDM students through the student activity fees. Use of this facility by any other individual is prohibited with the following exception. Faculty and staff who are employed at the SDM may also use the facility provided they are members of the SIUE Recreation Center.

SDM faculty and staff who wish to become members of the SIUE Recreation Center can register at the SDM Office of Business Affairs (Bldg. 273) or the SIUE Recreation Center at Edwardsville. The twelve-month membership cost is presently \$150.00. A single payment of the total cost is necessary if you register at SDM Office of Business Affairs (Bldg. 273). At the SIUE Recreation Center at Edwardsville you can either make a single payment of the total cost or arrange to have automatic checking account debiting for monthly payments of \$12.50. (\$150.00 per year).

Recommended Level of Fitness and Inherent Risk

It should be understood that certain activities require a minimum level of fitness and health (physical, mental, and emotional) and that each person has a different capacity for participating in these activities. We strongly recommend that all individual(s) consult a physician before beginning any regimen of physical activity and advise the physician of your intentions. Fitness testing and exercise program design is available at no charge through the Wellness Program at SIUE, provided that your physician has approved involvement in physical activity. Appointments may be scheduled by visiting the Wellness Lab, at the Student Fitness Center on the SIUE campus, or calling 650-B-WEL.

In order to assist you in determining your level of risk in participation, a “Physical Activity Readiness Questionnaire” (PAR-Q) and an “Informed Consent Form” will be provided for you when you register to become a member. You will be asked to read both forms carefully and then sign them. It is not mandatory that you sign these forms, but it is recommended so that both parties can be sure you understand the information contained in them. Any questions regarding the content of the forms should be directed to the Fitness Coordinator, Aimee Knitter (telephone # 650-5392).

It should further be noted that certain risk of injury is inherent to participation in sports and recreational activities. Those types of injuries may be minor or serious and may result from one’s actions or inaction’s, the actions or inaction’s of others, or a combination of both. The participant assumes the risk by taking part in these activities.

Policies and procedures are designed for the safety and protection of the participant. Participants should become familiar with the guidelines and adhere to them at all times.

Smoking

The SDM Student Fitness Facility is a Smoke-Free environment. Smoking is not permitted.

Operating Hours

The operating hours for the SDM Fitness Facility are:

Monday - Friday 7:30 until 10:00 PM

Saturday- 10:30 AM until 5:00 PM

Sunday - 1:00 PM until 10:00 PM

Access to the SDM Student Fitness Facility

1. Access to the Fitness Facility is gained at the interior door in Building 286. Use of the exterior door (emergency exit) is prohibited and will activate an alarm system.
2. Use of the SDM Student Fitness Facility is limited to SDM students. Those faculty and staff members employed at the SDM who are members of the SIUE Recreation Center may also use the facility. Use of this facility by any other individual is prohibited. Guests are not permitted in the SDM Fitness Facility. All individuals must have a validated SIUE I.D. or Recreation Membership Card. All members will be given a key card access that will allow them to enter the SDM Fitness Facility during operating hours.
3. Individuals who have special needs due to a physical disability must notify the Fitness Coordinator, Aimee Knitter (telephone # 650-5392) who will provide advice and make any necessary arrangements. Arrangements should be made well in advance, since the Fitness Coordinator is at the Edwardsville campus.
4. Any I.D. of a suspicious nature or not belonging to the bearer may be confiscated immediately. The bearer and/or the owner may be reported for a violation of the SDM Student Conduct Code and/or face disciplinary action through the Office of the Vice Chancellor for Student Affairs.
5. Members who have lost their membership I.D. and request admittance to the Fitness Facility may purchase a replacement card at the SIUE Fitness Center. Please report lost cards to the SDM Business Office as soon as possible so that we may assist you in attempting to locate the card.
6. The SDM reserves the right to ask for additional identification at any time.

Attire and Changing Room Information

1. Proper athletic footwear must be worn whenever using recreational areas. Court shoes or jogging shoes may be worn. Rubber soled street shoes are not considered to be suitable footwear. All shoes that mark floors, turf shoes and open toed shoes are strictly prohibited. Again, these are maintenance and safety issues. This is a necessity to protect individuals as well as the facility.
2. Participants must wear appropriate exercise attire: T-shirts, shorts, warm-up suits, sweat suits, tennis clothing (where appropriate), or aerobics attire. Street clothing can be dangerous and confining when exercising and is not allowed to be worn during exercise activities. Shirts and pants with metal zippers, studs, belt loops or with buttons, other than rubber, are not allowed, as these items tend to accelerate wear and tear of exercise equipment and could pose a risk of injury.
3. A full, non-mesh T-shirt is required for participants to use all exercise machines. A shirt reduces skin contact with the benches and reduces the spread of body oils and germs, which deteriorate the equipment. Please carry a towel and wipe off the equipment seats and backs after each use.
4. There is a unisex changing room. Clothing and bags are to be stored in the storage cubbies or student lockers. A unisex rest room is available within the fitness facility. Additional men's and women's rest rooms are located at the south-east end of the building.
5. Jewelry, which may cause injury or damage equipment, must be removed.

Exercise Equipment

1. Workout attire must be worn to use the exercise machines and weight equipment. Recommended attire include sweats or shorts, athletic shoes and a non-mesh full T-shirt or top. Open-toed shoes are strictly prohibited. Use of chalk for weight lifting is prohibited.
2. There is a twenty-five (25) minute limit per individual for using cardiovascular equipment when others are waiting.
3. Food is not allowed. Water bottles may be used if they are made of a nonbreakable material, and they contain only water.
4. The machines and weights should be used with care. Weight stacks can cause injury, equipment damage, and facility damage. Please use intelligence and care. Users should be courteous to others by limiting the length of their workout at a single station and by observing posted time limits when others are waiting.
5. Users should only use the machine pin designed for the machine they plan to use. The use of an incorrect pin and/or the improper insertion of the pin may cause injury and/or damage to the machine. Machine pins should remain at the station to which they belong.
6. If weights, pulleys or other parts become jammed, users should not attempt to free them without staff assistance. Report the problem to the Fitness Coordinator, Aimee Knitter (telephone # 650-5392).
7. Users should always inspect equipment for loose, frayed or worn parts before using. If in doubt, do not use the equipment and report the problem to the Fitness Coordinator, Aimee Knitter (telephone # 650-5392).
8. To reduce the chance of injury, you should keep your head and limbs clear of weights and moving parts at all times. Maintain at least a three-inch clearance between head and weight stacks in bench work.
9. All equipment is to be returned to appropriate storage locations after use (i.e., mats must be restacked).
10. Fitness Facility equipment is to remain in the room, at its appropriate location. Participants should not move the equipment. Furniture or equipment from other areas may not be brought into the Fitness Facility.
11. Equipment is not to be leaned against the walls, pillars or mirrors due to possible damage or injury.
12. Personal belongings may not be left in activity areas.
13. All concerns and maintenance needs should be reported to the Fitness Coordinator, Aimee Knitter (telephone # 650-5392).