

SCSU FITNESS CENTER MEMBERSHIP DETAILS

The SCSU Student Center Fitness Center is designed to provide a positive environment for all of our students and professionals to engage in moderate exercise to improve and maintain their desired level of fitness.

The following policies were created to ensure an enjoyable and safe exercise environment. Please read through them carefully.

Check your e-mail and the Fitness Center web site for any changes in hours, policies, or class schedules.

Failure to adhere to policies & procedures may result in membership termination. All problems, questions, concerns should be directed toward the Assistant Director.

Membership

Eligibility & Membership Fees

- Current SCSU students, Faculty & Staff are eligible to purchase a membership & must present a valid SCSU ID to enter and use the facilities.
- Student memberships may be requested online at www.southernct.edu/fitnesscenter. Students must read through policies and waiver below and request for the \$45 semester membership fee to be added to their banner web bill. Summer terms may differ.
- Students under 18 years of age must have a parent co-sign a liability waiver and return to Fitness Desk to activate membership.
- Faculty & Staff may join for \$156 hoot loot per year or \$75 per semester. Payroll deduction is available for *FULL TIME* faculty/staff for annual memberships only. Please ask Fitness Center staff for details.
- Membership fees are non-refundable except for documented medical reasons.
- We encourage members to review the Physical Activity Readiness Questionnaire posted at the Front Desk to assess their own personal readiness for exercise before joining.

Hours of Operation

See Fitness Center Website for most up to date hours and review details below :

www.southernct.edu/fitnesscenter

Access to the facility ends 30 min before closing. We ask members to be out of the facility by the designated closing time!

The SCSU Fitness Center reserves the right to reduce hours during breaks, final exams, between academic semesters, and during the summer. The SCSU Fitness Center may temporarily close each semester for maintenance purposes. SCSU fitness center reserves the right to close due to weather and on public & University holidays and will be held harmless should the facility be unavailable for use at this time, or due to damage by fire, act of God, catastrophe, accident or other reasons beyond the control of Southern Connecticut State University.

Policies & Procedures

Emergencies

- In the event of an emergency within the Fitness Center please notify a staff member immediately, and then follow staff instructions to aid in the emergency maneuvers. If you have an injury or adverse reaction to exercise, please alert the staff so they may contact emergency services to assist you. Staff are required to call campus police or 9-1-1 in case of any emergency.

Member Safety

- If a member is involved in a medical incident or if the staff determine a member is at 'increased risk' from a health screening form or during a fitness test, that member's Fitness Center privileges may be suspended until the member provides a completed medical clearance form to the Assistant Director, Fitness Center. Any health information collected by staff will be treated as confidential and will be kept private to the extent the law allows.

Staff Supervision

- SCSU student staff provide primary supervision for the facility and may or may not be CPR certified. All staff act with the full authority of the Assistant Director. Harassment or disregard of the directions provided by the staff will result in immediate removal from the facility and may result in additional disciplinary action.

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Equipment Usage: Failure to adhere to these policies may lead to your dismissal from the facility.

- We recommend lifting with a partner whose strength is similar to yours; if without a partner avoid lifting weights over or above the body; instead use the selectorized equipment.
- We offer free orientations to teach you how to operate equipment and techniques for a safe workout. See staff to make an appointment.
- No Olympic lifting is allowed.
- Do not remove weighted bars from their respective racks. All lifts must be done within the storage rack.
- Weight collars, pins, clips & Smith machine safety hooks MUST be used.
- Benches must be kept out of walkway. Preacher Curl may not be moved.
- DO NOT DROP WEIGHTS OR ALLOW MACHINE PLATES TO SLAM DOWN. Perform controlled reps only or you'll be asked to leave.
- Re-rack all weights/plates to their designated storage areas
- Members must clean equipment with the cleaning solution provided in spray bottles throughout the facility.
- Fitness Desk Staff are not permitted to spot patrons.
- Share equipment and allow others to use your machine when doing multiple sets.
- We recommend using the safety clip located on the left of all treadmill consoles.
- Please report equipment failures to the staff on duty.
- There is a 30 minute time limit on individual cardiovascular machines during busy times or when someone is waiting.
- Equipment is available for check out with your hoot loot card for use in designated areas. See desk for assistance.
- Indoor cycling bikes and suspension trainers may be used when no class is in session. See staff for assistance.

Dress Code

- Anyone violating the dress code policy will be asked to change or leave. Repeat offenders may lose membership privileges.
- Only unaltered t-shirts and sleeveless shirts which cover the entire stomach, chest and back (NO strappy tank tops or bra tops) are allowed. Sweats, modest shorts and similar items are considered appropriate attire. Athletic shoes must be worn at all times.
- Flip flops, open back shoes, boots, black-soled shoes, jeans, and any pants with buttons or hardware (zippers/rivets) are prohibited.

Member Conduct

- CELL PHONES: no talking, texting, taking videos or pictures in the Fitness Center (including locker rooms). Please limit to music and apps only.
- WATER ONLY- No gum chewing, food, or other drinks are allowed.
- Personal trainers not hired or authorized by the Assistant Director Student Center, Fitness Center may not train clients within the SCSU Fitness Center. If found to be doing so, the trainer & client will lose membership privileges
- No smoking, drugs or alcohol are permitted and members may not use equipment while under their influence.
- No loud &/or abusive language is permitted.

Locker Room Policy

- Lockers may **ONLY** be used during your workout- you may not drop off items or leave them behind.
- All belongings must be placed in a locker; no personal items may be left in the exercise areas or held by staff.
- We strongly recommend using a lock to prevent theft. See staff for current lock rental programs.
- Any personal locks left on lockers at closing will be cut off and contents placed in the lost & found.
- Any items left in the showers will be discarded at the end of the day.

Group Exercise Class Policies (see our web site for most current class schedule)

- Participants must sign up at the front desk to reserve their space for all classes, no more than 15 minutes before class.
- No admittance is allowed into classes more than 5 minutes after the class begins.- for your safety and class enjoyment!
- Classes may be cancelled/alterd without notice. Signs will be posted alerting you of changes.
- Cycling class participants must bring a plastic, closed container of water into class. No water =no class!
- Cycling class participants should arrive 5-10 min. before scheduled starting time for instruction on proper bike set up.

Contact Us!

203-392-8971

www.southernct.edu/fitnesscenter

fitness@southernct.edu

SCSU Fitness Center Membership Agreement

Please complete this form and return a signed copy to the SCSU Fitness Center along with appropriate funds available on your Hoot Loot card
Make sure to select payment option & membership type.

Please check SCSU status:

- Student
 Faculty
 Staff

Name _____

SCSU ID# _____

Gender

Are you over 18 years of age? Yes No

If NO what is your date of birth?

Email* _____

*Main correspondence will be made via email. Please provide the address you most frequently use.

Campus Address _____

Phone _____

Permanent Address _____

By rendering this application, the person whose signature appears below agrees to abide by all rules and regulations listed on pages 1 & 2 of the SCSU Fitness Center Membership application, the policies now in effect, to become effective at any further date, and by all University rules and regulations as stated in the University handbook. I will comply with all instructions and directions of the University and its representatives during participation in the Fitness Center and activities run within it. Any deviation or violation of the policies listed on the membership application may result in immediate termination of membership and possible judicial procedures.

Signature _____

Date _____

SELECT PAYMENT OPTION

I authorize the Fitness Center to deduct funds from my Hoot Loot card for membership selected below.

I am a Full Time employee and wish to elect payroll deduction to pay my membership dues. (see staff for form)

SELECT MEMBERSHIP TYPE

STUDENT

- Semester Membership \$45
 Other (If applicable) \$ _____

FACULTY/STAFF

- Annual Membership \$156
 Semester Membership \$75
 Other (If applicable) \$ _____

Office Use Only

Membership term: _____

NOTES: _____

SCSU FITNESS CENTER

Liability Waiver

I am aware that exercise can be physically stressful and in certain instances can even be harmful and result in death. I understand that I should consult with my personal physician before I begin or continue any exercise program. In consideration of use of the Southern Connecticut State University Fitness Center Facilities (all locations, herein after referred to as Fitness Center) and activities run within the Fitness Center identified above, I agree as follows:

1. I understand the risk and danger to me and my property associated with my use of the Fitness Center, and I do so voluntarily in reliance upon my own judgment and ability. I assume risk of personal injury, death, and property damage or loss from any cause whatsoever, including, but not limited to failure of anyone to enforce rules any regulations or inspect equipment or facilities, and negligence of other students or staff.
2. I shall indemnify, defend and save harmless SCSU (Southern Connecticut State University), the Board of Trustees, or any officers, servants, agents, or employees from all liability, loss, costs, damages, claims, or causes of actions of any kind or nature whatsoever, and expenses, including attorney fees arising or claimed to have risen out of personal injuries or death, or property damage or loss, sustained by me as a result of negligence on the part of SCSU, its staff or other participants, or by others as a result of my own negligence or intentional acts, during my use of the Fitness Center and activities run within it.
3. I acknowledge receipt of instructions about potential risks, including risks of property damage or loss, personal injury, and death, associated with the use of the Fitness Center, equipment and participation in activities within the Fitness Center. I understand that I am responsible for my safety during use of this facility, and I assume that responsibility.

I certify that I am at least eighteen (18) years of age, medically sound, and physically fit to participate in the fitness center activities. I further certify that no oral promise, agreement, warranty or representation concerning safety or liability of the Fitness Center or its equipment has been made to me. I certify that I have read the foregoing information and understand it and any questions, which may have occurred to me, have been answered to my satisfaction. I certify that if I am under 18 years of age, that my parent or guardian has explained this form to me and by their signature agrees that they understand this document and will be banned thereby.

I HAVE READ AND UNDERSTAND THIS DOCUMENT, AND AGREE THAT IT WILL LEGALLY BIND ME MY HEIRS, AND MYESTATE.

Print Name _____ **Signature** _____ **Date** _____

Signature of parent or guardian (if not 18 years old) _____ Date _____

Witness _____ **Date** _____

SCSU Fitness Center Payroll Deduction Form

Print Form

Full Time Faculty and Staff may use this form to pay part of their membership dues through payroll deduction. There is no enrollment fee, just \$6 deduction per pay period for 12 months. It may take 1-2 pay periods for the deduction to begin.

Title First Last

SCSU ID Number (8 digit-required) Employee ID # (6 digit-required)

Area of Employment Email (@ southernct.edu)

By checking this box I certify that I am a Full Time faculty or staff member and am eligible for benefits at SCSU. Part time faculty, UAs, part time staff are not eligible for payroll deduction at this time.

PLEASE COMPLETE ALL OF THE FOLLOWING SECTIONS. INCOMPLETE FORMS WILL NOT BE PROCESSED.

STEP 1: Identify the appropriate membership type and fee you wish to select below: (REQUIRED)

By checking this box I choose for my total deduction per paycheck to be \$6.00 for the term of 1 year. (\$156)

STEP 2: Read terms of payroll deduction agreement. (REQUIRED)

I understand that I may only freeze my membership by completing a Freeze form and providing appropriate documentation to the Assistant Director, Student Center Fitness Center by the 15th of the month I choose to freeze my membership. A freeze will be issued only for the following reasons: Medical , disability, sabbatical, leave of absence or change in full time status. Payroll deduction will not be stopped for vacations or reasons other than those listed above.

I understand that If I do not alert the Fitness Center of my intended absence, I may be charged an additional \$16 re-set up fee before I may un-freeze my membership.

I understand that if I leave the University, my membership at the SCSU Fitness Center will end.

STEP 3: Please Sign Below. (REQUIRED)

I understand the terms of the Fitness Center Membership Agreement and terms of payroll deduction. I hereby authorize the SCSU Payroll Office and State of CT comptroller to deduct my SCSU Fitness Center membership dues as I have indicated above.

Signature Text Date

Return this form in person to the SCSU Fitness Center front desk along with your Hoot Loot card, completed membership agreement and signed liability waiver. Without these your payroll deduction form will not be processed.

For questions contact the Fitness Center
Adanti Student Center RM 204
Tel (203) 392-8971 Email: Fitness@southernct.edu
Website: www.southernct.edu/fitnesscenter

Office Use Only:

Date Deduction Form Received: _____ Date Deduction Form Mailed To Payroll: _____
Membership Application Received: Y N 12 Month Start Date _____ End Date _____
Copy to member file _____