

Student Usage Policy for MECC Fitness Center

Students will be eligible for Fitness Center Use after completing the following process:

1. Sign up for an orientation session by emailing Carolyn Sumpter at csumpter@me.vccs.edu
2. Print the General Rules and Waiver of Liability/General Rules for Fitness, and Student Usage Policy for Fitness Center and the PARQ forms, read, sign, and bring these 3 forms to your orientation.
3. Attend the orientation session; bring all these forms with you along with your valid MECC Student ID card.

Process for Use of the Facility:

1. Once you have completed the process above, a sticker will be put on the back of your MECC student ID card and your name will be placed on an approved user list.
2. You may then use the center at posted "Open to Students" times, which will be supervised by staff.
3. Be aware that MECC faculty and staff follow different policy due to different legal and liability issues, and may be using the center at other times. You may use the center only during supervised, posted, "Open-to-Students" times.
4. You must show a valid MECC Student ID card for admittance, and sign the sign-in sheet. The ID card will be checked for an orientation sticker and against the approved user list.
5. ANY attempt to gain unauthorized admission may result in permanent exclusion from use of the Fitness Center.
6. Follow Fitness Center policies at all times. In particular, no cursing is tolerated, replace any mats or stability balls used, and comply with requests of staff on duty. Any misuse of the center may result in permanent suspension of privileges.
7. You may use external music if all in the center can agree on music, it contains no offensive or vulgar lyrics, and can be played at "conversational level" volume.
If this is abused in any way, music will be discontinued.
8. Any problems should be reported directly to Carolyn Sumpter. For anything needing immediate attention, seek Security or call Security at ext.473.

Emergency Response

1. The emergency response protocol, consistent with the general policy is posted within.
2. A phone is available which can be used for on campus emergency calls.
3. You may be asked to help with emergency response by staff on duty, especially if you are First Aid trained, so be aware of the response protocol:
4. Response:
 - a. Upon lifting the telephone receiver Security will be contacted (no dialing required).
 - b. Administer care as indicated. (as applicable, per First Aid training). Be aware of the location of the AED (defibrillator) in the Fitness Center.
5. Report the incident on the appropriate form; supply a copy to Carolyn Sumpter as well as to Human Resources.

I have read, understand, and will comply with the policies stated herein.

Printed name

Signature

Date