

ASUMH FITNESS CENTER BY-LAWS

I. Name and Purpose

- A. The name of the facility is the ASUMH Fitness Center.**
- B. The purpose is to provide an opportunity for ASUMH employees and students to improve their general health and well-being through the use of the fitness equipment located in the ASUMH Fitness Center.**

II. Student Usage

A. Student Eligibility

- 1. All current ASUMH students have access to the Fitness Center during posted hours.**
- 2. Fitness Center privileges can be removed by the Fitness Center Supervisor if a person fails to follow the ASUMH Fitness Center rules and policies.**

B. Student Hours

- 1. The student access hours may vary from semester to semester depending on the scheduling of the ASUMH weight training and Concepts of Physical Activity classes. The student hours will be emailed at the beginning of each semester and posted on the door outside of the Fitness Center.**

C. Fitness Center Attendant

- 1. A Fitness Center attendant must be present at all times during student hours.**
- 2. Fitness Center attendants will be hired each semester to cover the scheduled student access times. Fitness Center attendants are chosen from a pool of work-study students.**
- 3. The Fitness Center Attendant is responsible for ensuring students are exercising safely, following rules, and signing the appropriate documents.**

D. Student Obligations

- 1. All students must check in with the Fitness Center Attendant on duty before using the Fitness Center.**
- 2. Students must provide a current ASUMH student I.D. on the initial visit to the Fitness Center.**
- 3. Students must read and sign a PAR-Q waiver form on the initial visit. ASUMH is not responsible for personal injury, property damage, and other losses which may result from the use of the ASUMH Fitness Center.**
- 4. Students must sign the Fitness Center sign in sheet each time he/she uses the Fitness Center.**

III. Employee Usage

A. Faculty and Staff Eligibility

- 1. All current full and part time ASUMH employees, Bookstore staff, Subway staff, UAMS, and ASU-Jonesboro employees who work on the ASUMH campus are eligible to use the Fitness Center during scheduled faculty and staff hours.**

B. Faculty and Staff Hours

- 1. The faculty and staff access hours may vary from semester to semester depending on the scheduling of the ASUMH weight training and Concepts of Physical Activity classes.**
- 2. The faculty and staff access hours will be sent out at the first of each semester and posted on the bulletin board outside the Fitness Center.**

C. Faculty and Staff Obligations

- 1. All faculty and staff must sign a Release of All Claims for Personal Injury and Property Damage and Indemnity Agreement before receiving access to the Fitness Center. ASUMH is not responsible for personal injury, property damage, and other losses which may result from the use of the ASUMH Fitness Center. The form is located in the Human Resources office.**

- 2. Faculty and staff must sign the Fitness Center sign in sheet each time he/she uses the Fitness Center.**
- 3. Faculty and staff must turn off the lights and lock all doors when exiting the Fitness Center.**
- 4. Faculty and staff are obligated to report any malfunctioning equipment. Please fill out an Equipment Malfunction Form and slide it under the door of F108. The form is located on the clip board under the sign in sheet.**
- 5. Fitness Center privileges can be removed if a person fails to follow the ASUMH Fitness Center rules and policies.**

IV. Guest Usage

- 1. All eligible faculty and staff are permitted to bring a member of his/her immediate family based on the following guidelines.**
 - a) Faculty and staff are limited to inviting only one family member per visit. Although multiple family members can be signed up, only one family member is allowed per visit.***
 - b) All family guests must be at least 17 years old.***
 - c) Faculty and staff must accompany the family member at all times.***
- 2. A family member's Fitness Center privileges can be removed if the family member fails to follow the ASUMH Fitness Center rules and policies. This may also result in the loss of Fitness Center privileges for the faculty or staff person the guest is associated with. Faculty and staff are responsible for the behavior and conduct of their family members.**
- 3. Family members must sign a Release of All Claims for Personal Injury and Property Damage and Indemnity Agreement before access to the Fitness Center. ASUMH is not responsible for personal injury, property damage, and other losses which may result from the use of the ASUMH Fitness Center. The form is located in the Human Resources office.**

V. Keyless Entry

- 1. Each faculty and staff person will be issued one key card. The key card opens the outside door to the Fitness Center. All faculty and staff must enter the Fitness Center via the outside door.**
- 2. Key cards will be issued by campus security. Key cards will not be issued until all appropriate documents are signed and filed at the Human Resources office.**
- 3. Faculty and staff are responsible for his/her key card. The key card can only be used by the person it is assigned to. Loaning out or using someone else's key card is not permitted.**
- 4. Family members using the key card without being accompanied by the key card holder will be asked to leave and the employee's Fitness Center privileges will be removed.**

VI. General Rules

- 1. Lockers are for day use only. Locks will be cut if left on locker.**
- 2. Clean machines after use. Cleaning wipes and paper towels are located in the Fitness Center.**
- 3. Proper hygiene is required.**
- 4. Athletic shoes are required. No dress shoes, boots or sandals are permitted.**
- 5. Appropriate exercise clothing is required: T-shirts, shorts, and/or sweat suits.**
- 6. Do not slam, drop, clang, or throw dumbbells on floor when you are finished. Do not be overly noisy.**
- 7. Please be courteous to staff and other members while working out. During busy times, please limit time on each machine if others are waiting.**
- 8. No food or drink except water. Water must be in a spill proof container. No glass bottles.**
- 9. Please keep the television volume at a respectable volume level.**

- 10. Weight collars are required when using free weights. Weight collars keep the plates from sliding off of the bars.**
- 11. Weights may not be removed from the Fitness Center for any reason.**
- 12. Loud, profane, and/or abusive language is prohibited. Disorderly conduct and horse play will not be tolerated.**
- 13. Do not leave dumbbells on the floor or weight plates on the bars. If you move equipment, put it back where it belongs.**
- 14. Use of alcohol, tobacco, or any illegal substances is not permitted.**
- 15. Members are responsible for the conduct of their guests and must remain with their guests at all times.**