

## Patriot Hall Rules and Regulations

The following general rules and regulations apply to all users of Clatsop Community College's fitness facilities:

1. All users are required to complete and sign a Registration Form and Liability Release Form prior to using the Patriot Hall fitness facilities. Access to the facility will not be permitted until the form and waiver are completed
2. Users must check-in upon entering the fitness facilities.
3. Everyone is expected to practice the following proper fitness facility etiquette:
  - **Wiping down all the equipment after use.**
  - Returning bars and weights to their proper place immediately after use.
  - Wiping down all the pads, surfaces, and equipment with which you come into contact.
  - If you are doing multiple sets, allow others to use the equipment in between your sets. No resting on equipment between sets and adhere to the time limits on equipment set by the fitness facility.
  - Practicing personal hygiene by using deodorants and wearing clean workout clothes.
  - Avoiding the fitness facilities if you are feeling ill or believe you have a contagious illness.
  - Not using profanity, offensive language, or shouting. If you refuse to adhere to this rule you will be asked to leave.
  - Not interrupting scheduled academic or Community Education classes.
  - Keeping all objects off the railings to prevent safety issues. Absolutely no throwing of items over the railings.
  - Exiting the fitness center at closing time.
  - Using the fitness equipment properly as recommended by the manufacturer.
  - Leaving the equipment in proper working condition. (If you are unsure of how to use equipment, please review the equipment videos on the Patriot Hall page of the website or ask a Patriot Hall staff member for assistance.)
  - Keeping hands and feet clear of moving parts while machine is in use. (Never put hands or feet under weight stacks. Place hands and feet only on the hand grips and foot pads provided.)
4. Do not drop weight stacks, plates, dumbbells, or other free weight equipment. Failure to not comply with this will result in a warning. Repeat offenders will be asked to leave Patriot Hall for not complying with fitness facility policies.
5. Attire
  - Clothing: Proper fitness attire is required in the weight and cardio rooms. Attire should cover all areas of the back and mid-section, to prevent contact with the fitness equipment. This is for your protection and prevention of skin infections.
  - Footwear: Shoes (sneakers and shoes with non-marking soles) are required in the workout areas, track, and gym floor. Sandals and flip-flops are not appropriate footwear.

- If you are not wearing the proper attire and footwear, the staff has the right to refuse your use of the facility.
- 6. Jackets, backpacks, bags, and other loose items should be stowed in designated areas while using the facility for the safety of self and others.
- 7. Do not operate equipment if it has loose or damaged parts. Report repair needs to the Patriot Hall staff. **Do not make repairs yourself.**
- 8. Personal training or fitness programs being instructed and conducted by anyone other than CCC staff is prohibited. Those not following this policy will be warned. Repeat offenders will be subject to the loss of privileges.
- 9. College employees are not responsible for personal property that is lost, stolen, or damaged due to vandalism or any other cause.
- 10. No food will be consumed in the fitness facilities except for designated areas.
- 11. No guests allowed to accompany a student without prior authorization.
- 12. Members must report any injuries to the front desk or Patriot Hall staff immediately.
- 13. There is a maximum of 30 minutes per session on any cardiovascular equipment during peak hours. If you are doing multiple sets on the circuit machines during peak hours (6:00am–8:30am, 11:00am–1:00pm, and 3:00pm–7:00pm), please be considerate and allow others to use the equipment between your sets.
- 14. No pets or domestic animals shall be allowed inside Patriot Hall (With the exception of approved animals.)
- 15. If you see inappropriate/unsafe behavior, please report it to a Patriot Hall Assistant

These rules and regulations are designed to make the fitness facilities a safe and enjoyable place for all students. Violations of these rules and regulations can result in suspension or termination of your fitness facilities membership. These rules and regulations may be modified or amended at any time without prior notice.

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