



Midland Community Center Risk Management Plan

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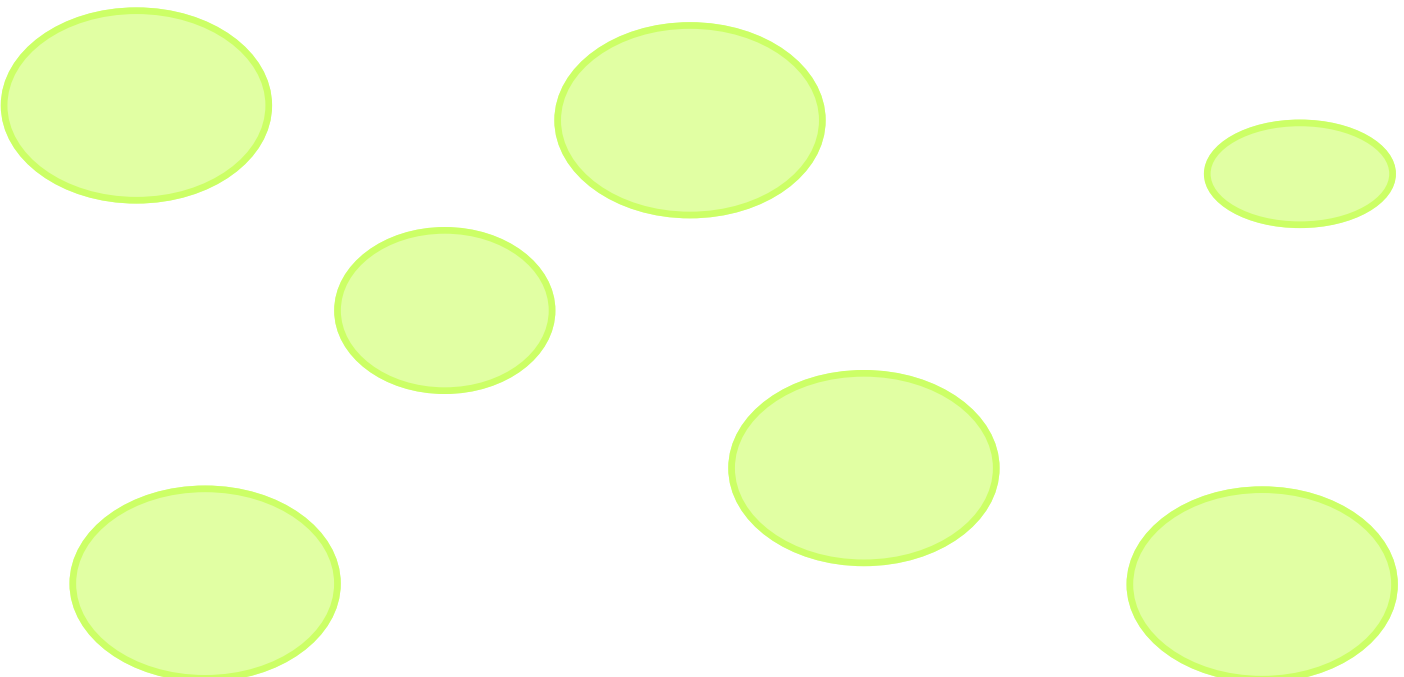
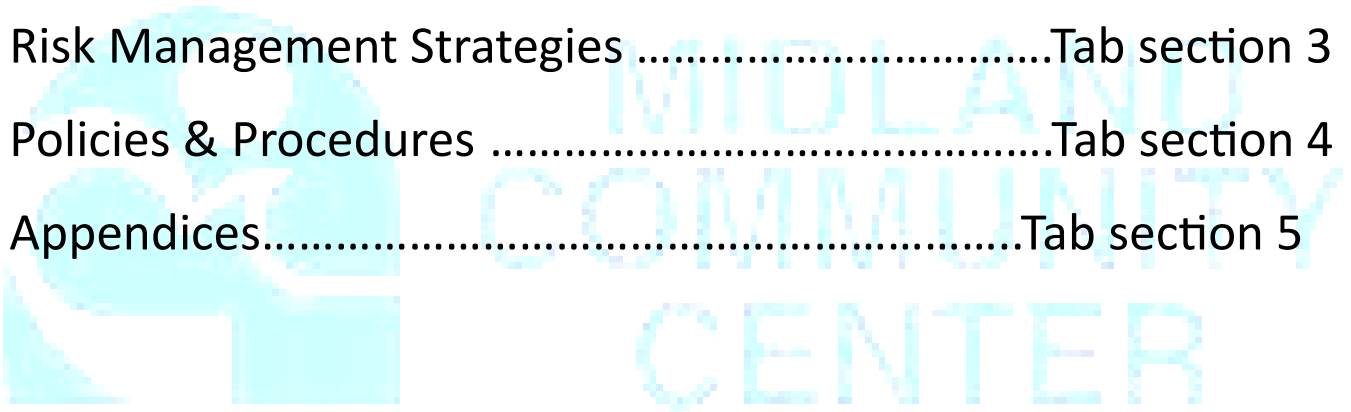
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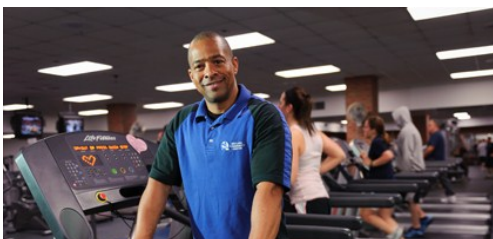
Facility Description

The Midland Community Center facility has a rock wall that is offered to the public. This rock wall is 23-feet high, and has 15 different routes to climb. Each of these routes has a variety of difficulty that has the ability to challenge each climber. The rock wall requires a minimum of two staff on at all times, other than climbing classes. The Center offers special events at the rock wall such as glow climbing, birthday parties, and all night lock-ins. This facility is open to the members, and also to the public for a small charge every day of the week. The hours of open climb are Monday -Wednesday and Friday 7:00 p.m. to 9:00 p.m. Thursday 6:00 p.m. to 8:00 p.m. and Saturday-Sunday 12:00 p.m. to 4:00 p.m. The materials that the rock wall uses include; harnesses, ATC's, carabiners, ropes, padded area, shoes, first aid, waiver forms, and an educated staff. The maintenance needed includes; weekly inspection of rocks, rotate the ropes once a month, inventory and equipment check once a month, and sweeping up chalk and other debris off of the padded area.



The Community Center also has two pools to offer to its members. One of the pools is just inside the main entrance. This pool is a basic lap pool that is used for swimming lessons, swim teams, and aquatic workouts. This pool has 8 lanes and has no deep end; its sole use is for swimming laps. The second pool is used for recreational use, and is called the Oasis. The Oasis has a large pool with a water slide, basketball hoop, and a large mushroom that sprays water. The pool only gets about 8 feet deep at its deepest point, and therefore diving is not permitted. The Oasis also has a small hot tub that is available for use. There is also a spray park that is just outside of the Oasis and this is called Spraytopia. This is only open when weather permits, and is mostly utilized by younger children. The spray park is built on a large padded area so if anyone slips it will not be as severe as slipping on cement. The Oasis and Spraytopia is mostly utilized by camps, day care, special events, and open swim.

This facility also has a gym that is offered to the members and it is called the Wellness Center. The Wellness Center has a variety of different equipment available for a range of different workout plans. There are treadmills, bikes, elliptical machines, rowing machines, and stair steppers available for cardio workouts. Located near the cardio section of the Wellness Center is several flat screen TV's too keep the interest level of the participants. There are weight lifting machines for all different parts of the body for assisted lifting. Cable machines are also provided that can be used for working out all muscles in the body. All the way in the back of the Wellness Center is the free weight section. The free weights include benches, squat racks, and a full set of free weights.



Program Description

Climbing Wall

The climbing wall at the Midland Community Center has programs set up for preschool, youth, and adults. The preschool program that they have set up that they can act like super heroes. The youth program has 4 different types of programs. They are setup by grade level. The first program is for 1st and 2nd graders beginning climbers called Reach for the Sky. The second program is for 3rd and 4th graders beginning climbers called Defying Gravity. The next program is for 5th through 8th graders beginning climbers called Rock it out. The last program is for 5th through 8th graders intermediate climbers called Raise the Roof. The adult program is for beginning rock climbers with beneficial reasons for getting into shape and being optimistic of good health.

Aquatics


The Aquatics department offers many different programs from lessons to recreation and fitness swims. Lessons include water adjustment classes for 6 -36 month old children where parents learn skills to help their child with basic water adjustment skills, swimming techniques, confidence and independence in the water. Swimming lessons are also available for children 3 and up, as well as, adult lessons for people 16 and older. Other classes are also offered such as scuba training, lifeguarding, first aid/ CPR training, conditioning classes, and fitness classes for adults and seniors. They also offer youth and adult swim teams. The aquatics department has amenities the oasis offers open swims, preschool swims and 50+ exclusive swims while the east pool offers lap and dow high-length swim, women recreation swim,



Wellness Center

The Wellness Center for the Midland Community Center is for all ages. There is a program for youth where they will have full access to the Wellness Center. It involves strength, cardio, and other things in a safe environment. The adult program for the Wellness center includes full access with weight room access and ability to use all machines for cardio and strength training. For active adults that are fifty plus there are still many activities to do in the Wellness Center. You gain all access and then more things that pertain to older adults.

Facility Layout

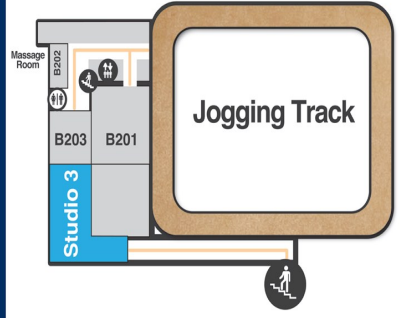


MIDLAND COMMUNITY CENTER

Facility Map

- ↑ Upper Level
- Main Level
- ↓ Lower Level
- hallways —

↑ Upper Level



Message Room
B202
B203
B201
Studio 3
Jogging Track



- Barstow Shippis
- Child Care
- Climbing Viewing
- Courts
- Swimming
- Welcome Center

East Gym
West Gym
South Gym
East Swimming Pool
Barstow Shippis Room
Billiards
Barstow Shippis Wing

● Main Level



- Child Care
- Climbing Wall
- Courts
- Fitness / Wellness
- Gymnastics

Studio 2
Wellness Center
Studio 1
Gymnastics Center
Kid's Corner
Courts 1-9
Climbing Wall

↓ Lower Level



- bathroom
- stairs
- lockers
- elevator

Risk Identification

Rockwall

- Slippery surfaces
- Loose rocks
- Rope usages
- Harness not secure
- Area beneath climber clear
- Tying knot correctly
- Improper climbing techniques
- Rocks being slipper or broken
- Improper weight distribution
- Supervision
- Improper training for employees and participants
- Not having a first aid kit
- ATC issue
- Power outage
- Clothing
- Improper harness

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Aquatics

- Chlorine levels
- Slippery surfaces
- Filters
- Drowning
- Number of staff
- Improperly cleaned
- Up to date equipment
- Shower
- Slides
- Hanging on basketball hoop
- Inclement weather
- Spray topia
- Slippery stairs
- Power issue
- Theft
- Vandalism
- Locker room cleanliness
- Improper use of first aid certification
- Jet safety
- Age with hot tub
- Drainage of pools



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Wellness center

- Improper staff
- Maintenance
- Spotters for benches
- Lifting proper weights
- Power issue
- Improper usage
- Muscle strains
- Machines properly located
- Rolling ankles on treadmill
- Trained staff
- Cables for machines
- Improper storage
- First aid
- Fire
- Locker room cleanliness
- Sanitation
- Theft
- Vandalism
- Up to date equipment
- Potential dehydration

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Risk Assessment

Risk	Probability	Severity/Consequence	Score
	Low=1	Low=1	
	High=5	High =5	

Rockwall

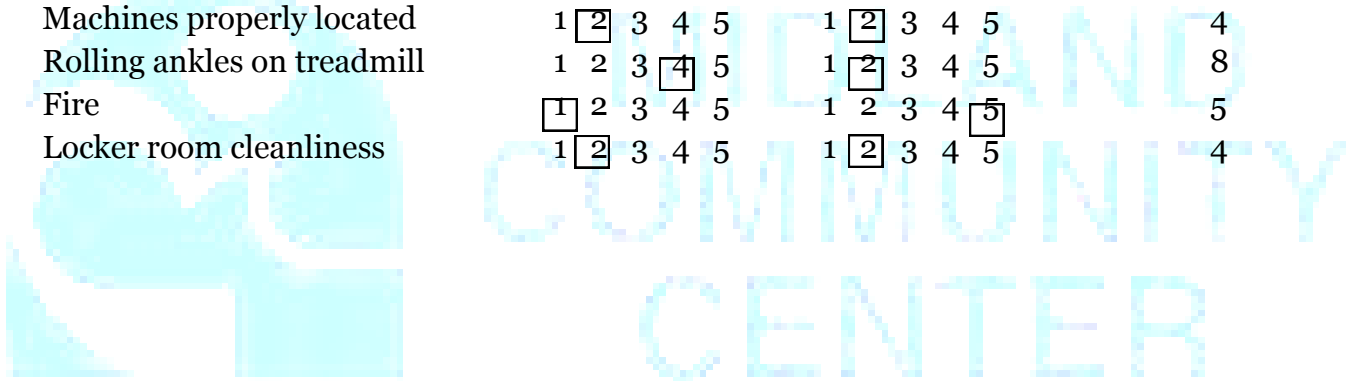
Slippery Surfaces	<input type="checkbox"/> 1 2 3 4 5	<input type="checkbox"/> 1 2 3 4 5	1
Loose Rocks	1 2 3 4 <input type="checkbox"/> 5	<input type="checkbox"/> 1 2 3 4 5	5
Rope Usages	1 <input type="checkbox"/> 2 3 4 5	1 2 3 <input type="checkbox"/> 4 5	8
Harness not secure	1 <input type="checkbox"/> 2 3 4 5	1 2 <input type="checkbox"/> 3 4 5	6
Area beneath climber not clear	1 2 3 <input type="checkbox"/> 4 5	1 <input type="checkbox"/> 2 3 4 5	8
Tying Knot incorrectly	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Improper climbing techniques	1 2 <input type="checkbox"/> 3 4 5	<input type="checkbox"/> 1 2 3 4 5	3
Rocks being slippery/broken	1 2 <input type="checkbox"/> 3 4 5	<input type="checkbox"/> 1 2 3 4 5	3
Improper weight distribution	1 <input type="checkbox"/> 2 3 4 5	1 <input type="checkbox"/> 2 3 4 5	4
Supervision	<input type="checkbox"/> 1 2 3 4 5	1 2 3 <input type="checkbox"/> 4 5	4
Improper training	<input type="checkbox"/> 1 2 3 4 5	1 2 3 <input type="checkbox"/> 4 5	4
Not having a first aid kit	<input type="checkbox"/> 1 2 3 4 5	1 2 <input type="checkbox"/> 3 4 5	3
ATC issue	1 <input type="checkbox"/> 2 3 4 5	1 2 <input type="checkbox"/> 3 4 5	6
Power outage	<input type="checkbox"/> 1 2 3 4 5	1 2 3 <input type="checkbox"/> 4 5	4
Clothing	1 2 <input type="checkbox"/> 3 4 5	<input type="checkbox"/> 1 2 3 4 5	3
Improper harness	<input type="checkbox"/> 1 2 3 4 5	1 2 3 <input type="checkbox"/> 4 5	4
Underage kids	1 <input type="checkbox"/> 2 3 4 5	1 2 3 <input type="checkbox"/> 4 5	8

Risk	Probability Low=1 High=5	Severity/Consequence Low=1 High =5	Score
Chlorine Levels	<input type="checkbox"/> 1 2 3 4 5	1 2 <input type="checkbox"/> 3 4 5	3
Slippery Surfaces	1 2 3 4 <input type="checkbox"/> 5	1 <input type="checkbox"/> 2 3 4 5	10
Filter	1 <input type="checkbox"/> 2 3 4 5	1 <input type="checkbox"/> 2 3 4 5	4
Drowning	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Number of Staff	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Improperly Cleaned	<input type="checkbox"/> 1 2 3 4 5	1 2 <input type="checkbox"/> 3 4 5	3
Up to date equipment	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Slides	1 <input type="checkbox"/> 2 3 4 5	1 <input type="checkbox"/> 2 3 4 5	4
Hanging on basketball hoop	1 <input type="checkbox"/> 2 3 4 5	1 <input type="checkbox"/> 2 3 4 5	8
Inclement weather	1 2 3 <input type="checkbox"/> 4 5	1 <input type="checkbox"/> 2 3 4 5	4
Spraytopia	1 2 3 <input type="checkbox"/> 4 5	1 <input type="checkbox"/> 2 3 4 5	8
Power Issue	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Theft	1 <input type="checkbox"/> 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	10
Vandalism	<input type="checkbox"/> 1 2 3 4 5	1 2 <input type="checkbox"/> 3 4 5	3
Locker room cleanliness	1 2 <input type="checkbox"/> 3 4 5	1 <input type="checkbox"/> 2 3 4 5	6
Improper use of first aid	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Jet safety	<input type="checkbox"/> 1 2 3 4 5	1 <input type="checkbox"/> 2 3 4 5	2
Age with hot tub	1 2 <input type="checkbox"/> 3 4 5	1 <input type="checkbox"/> 2 3 4 5	6
Drainage of pools	<input type="checkbox"/> 1 2 3 4 5	1 2 <input type="checkbox"/> 3 4 5	3

Risk	Probability	Severity/Consequence	Score
	Low=1	Low=1	
	High=5	High =5	

Wellness Center

Improper Staff	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Maintenance	1 2 <input type="checkbox"/> 3 4 5	1 2 3 <input type="checkbox"/> 4 5	12
Bench spotters	1 2 <input type="checkbox"/> 3 4 5	1 2 3 <input type="checkbox"/> 4 5	12
Lifting improper weights	1 2 <input type="checkbox"/> 3 4 5	1 <input type="checkbox"/> 2 3 4 5	6
Power issues	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Muscle strains	1 2 <input type="checkbox"/> 3 4 5	1 <input type="checkbox"/> 2 3 4 5	6
Machines properly located	1 <input type="checkbox"/> 2 3 4 5	1 <input type="checkbox"/> 2 3 4 5	4
Rolling ankles on treadmill	1 2 3 <input type="checkbox"/> 4 5	1 <input type="checkbox"/> 2 3 4 5	8
Fire	<input type="checkbox"/> 1 2 3 4 5	1 2 3 4 <input type="checkbox"/> 5	5
Locker room cleanliness	1 <input type="checkbox"/> 2 3 4 5	1 <input type="checkbox"/> 2 3 4 5	4



STRATEGIES

1. Running on the pool deck (slipping)

- Signs
- Supervision
- Rule enforcement for participants/staff
- Proper water drainage
- Clean up puddles

Different softer surface around the pool

2. Diving into the pool

- Signs
- Enforce rules for participants/staff
- Label how deep pool is

Make pool deeper

3. Improper use of slide

- Solid communication between life guard on top of slide, and the one on bottom
- Clearly labeled slide rules
- Enforcement of those rules
- Properly trained employees to control the slide

Take the slide out of the pool area

4. Kids swinging on ropes

- Tie the ropes up and out of reach
- Explain rules and enforce the rules

Proper signs displaying rules

5. Under age kids using rock wall

- Start checking ID's
- Separate waiver form for minors to be filled out by their guardian

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6. Proper belaying techniques

- Walk through belayer with check list and training
- Provide belay certification cards that are required to belay in our facility

Have the proper weight distribution between climber and belayer

7. No bench spotter

- Signs
- Enforce rules with participants and staff (within reason)
- Waiver
- Encourage lifting with a partner
- Have trained staff

Smith machines

8. Improper use of weight equipment

- Signs with pictures with step by step process
- Personal trainers
- New members get a quick run through of the equipment

Trained staff to help correct improper use

9. Maintenance

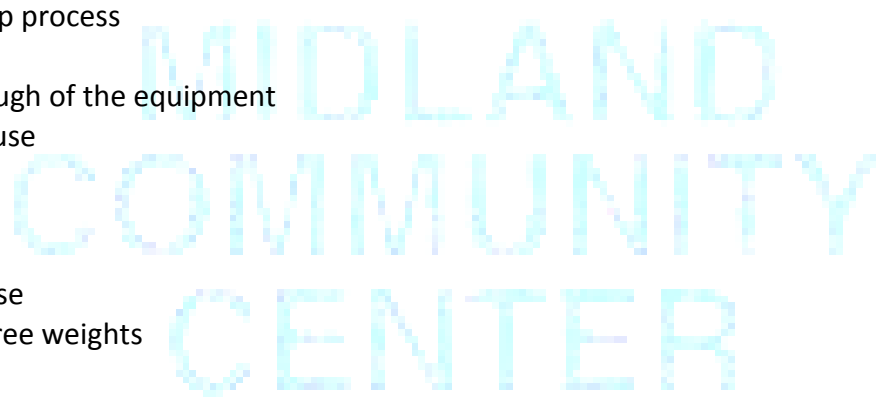
- Wipe down equipment after use
- Frequent oiling of machines after use
- Picking up and proper storage for free weights
- Wash towels after use

Have plenty of clean towels offered to participants

10. Theft

- Cameras outside of the locker rooms
- Offer lockers to participants
- Offer locks for those who do not have locks
- Warning signs that show the surveillance and the repercussions that will follow theft

Discourage participants from leaving valuable items in lockers



Policy	Applies to	Frequency	Procedures	Recordkeeping	Person Responsible
Properly trained employees to control the slide	All pool staff	Continuously	Train all new staff Require refresher course every six months	Keep record of all trained staff with the date of their completion of their last training	Aquatics Director
Separate waiver form for minors at Rockwall	Staff and participants 17 and under	Continuously	Train all staff with a screening process to check ID's Staff member has to see guardian sign waiver	Keep recent waivers in the computer for one year. Keep hardcopy of the waiver for 5	All rock wall staff
Pool staff to be certified in CPR and First Aid	All pool staff	Continuously	Offer CPR and First Aid certification on site annually. Staff will be reimbursed of money spent getting certified at other facilities. Require recertification 3 months prior to expiration date of certifications	Must complete certifications within first one month of being hired. Keep current copy of CPR and First Aid certification in personnel file.	Aquatics Director
Belay certification lessons required for staff and participants	All rock wall employees and participants	Continuously	Training for all staff to give belay lessons Know how to communicate with participants Once the participants are fully trained, give them a belay certification card	Keep record of belay certified participants on Excel and hardcopy in the file cabinet Keep date of certification on Excel, card is good for one year	All rock wall staff
Proper education of all new members for the Wellness Center	Wellness Center staff and new members	Continuously	Show all new members how to properly work the equipment provided Keep workout manual available at the desk If staff members see someone improperly using equipment, they must correct them New employees will be trained on proper use of all equipment If new equipment is introduced each employee will receive additional training	Keep record of the date each member joins, and offer re-education if needed	All Wellness Center Staff



Have a Totally Rock'some Day!

Climbing is a blast at any level! Our classes teach the values of safety first for all physical challenges, while pushing youngsters and juniors to be the best, by reaching the crest!

Climbing classes are a perfect exercise to help youngsters overcome fear with willingness to tackle success. If you are looking for a climb that can change your life forever, you have come to the right place. Climb on down to the MCC Rock Wall!

Register for climbing classes today at MyMCC.org!

Open Climbing

Monday	7:00-9:00pm
Tuesday	7:00-9:00pm
Wednesday	7:00-9:00pm
Thursday	6:00-8:00pm
Friday	7:00-9:00pm
Saturday	12:00-4:00pm*
Sunday	12:00-4:00pm*

\$8 per climber

\$5 per college student with College ID

**Family Days - \$5 per child or \$20 for the entire family*



501(c)3 non-profit organization

It's my MCC

For more information contact Dan Secord at (989) 832-7937 x2220 or email DSecord@mymcc.org

Communication Log:

Date:		Jessica
		Cam
		Brendan
		Dan
		Derek
		Garrett
		Jake
		Theresa
		Tommy

Date:		Jessica
		Cam
		Brendan
		Dan
		Derek
		Garrett
		Jake
		Theresa
		Tommy

Date:		Jessica
		Cam
		Brendan
		Dan
		Derek
		Garrett
		Jake
		Theresa
		Tommy

CLIMBING WALL BI-WEEKLY GEAR INVENTORY CHECKLIST

EQUIPMENT	QUANTITY	COMMENTS
Auto-locking carabineers		
ATCs		
Gri-gri (includes non-locking carabineer)		
Children's full body harnesses		
Harnesses		
Shoes		

Completed and signed by: _____

Date: _____

CLIMBING WALL INSPECTION REPORT

Date: _____

Person Performing Inspection _____

1. Review Last Months Report For Items To Monitor
2. Check Wall Surface for Splinters, or exposed screw heads
3. Remove Ropes and Perform A Hands-On Inspection of All Ropes and Log this Inspection on Rope Log
4. Inspect Belay Anchor Attachments for Appropriate Tightness - Tighten Bolts Only if Necessary.
5. Inspect Belay Anchors for Wear - Run Your Finger Across Where the Rope Runs Looking For Sharp Edges and Loss of Critical Material.
6. Check Subframing - Visually Inspect All Attachment Points
7. Check all Climbing Holds and Tighten if Necessary.
8. Inspect and Log Inspection of All Harnesses
9. Inspect and Log Inspection of All Carabiners
10. Inspect and Log Inspection of All Belay Devices
11. Record All Maintenance Performed Below.

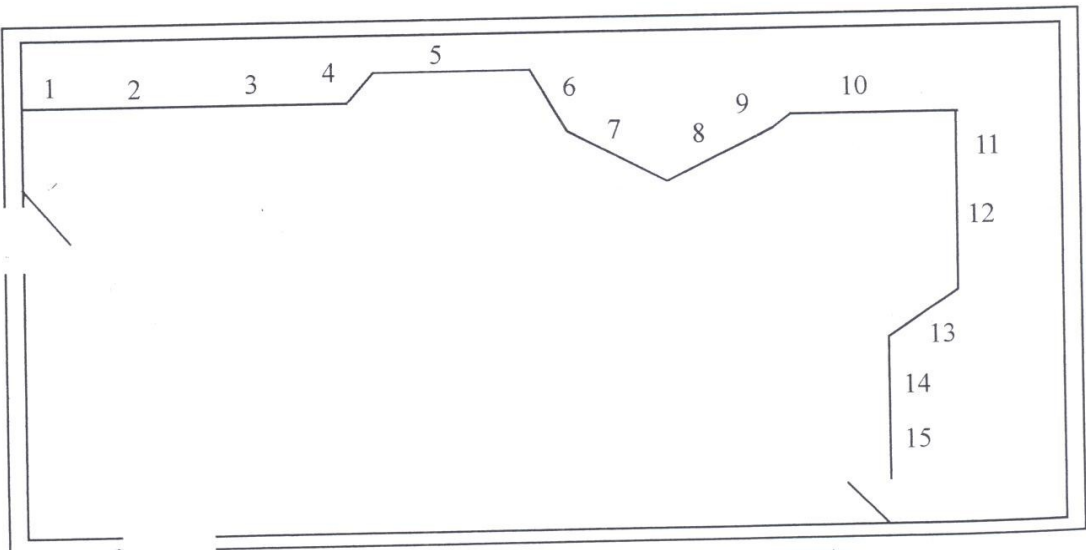
Items To Monitor _____

Maintenance Provided _____

Equipment Retired _____

Initial For Each Route Inspected

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____





Midland
Community
Center

AGREEMENT FOR USE OF ROCK CLIMBING EQUIPMENT & RELEASE OF LIABILITY

Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip Code _____ Phone _____

Emergency Contact _____ Phone _____

PLEASE READ: The form is intended to remind leaders and participants of the seriousness of attempting climbing activities with an old or pre-existing injury, heart condition or other condition which might be aggravated by the event. This information will remain valid for one year. This document and information will remain confidential.

- | | | | |
|----|--|-----|----------|
| 1. | Any pre-existing injuries (ankle, knee, neck, etc.) that might be aggravated by participating? | YES | NO |
| 2. | Taking any current medications? | YES | NO |
| 3. | Any heart problems? | YES | NO |
| 4. | Do you have high blood pressure? | YES | NO |
| 5. | Do you have allergies? (food, bees, insects, medications, etc.) | YES | NO |
| 6. | Do you have any physical limitations? | YES | NO |
| 7. | You current level of activity at home? | LOW | MED HIGH |

If you answered YES to any of these questions above please discuss with the climbing staff.

In addition to please include any information that you feel is relevant: _____

PLEASE READ: I am aware that participating in rock climbing and artificial wall climbing carries certain risks. I choose to participate in this activity with full knowledge of the dangers involved, and hereby agree to accept full responsibility for my own safety. The Center shall not be liable for any damages arising from personal injuries I sustain in, on, or about the premises of the Center. I fully release and discharge the Center, its affiliated entities, its employees, its contractors and its agents from any and all claim, demands, damages, causes of action, present or future, whether they be known, anticipated, or unanticipated, that may result from or arise out of my use or intended use of the climbing facilities and/or equipment. Further, I agree that any equipment that I use on the premises or borrow or rent from the Center during any climbing or other activity, I use at my own risk. The Center shall not be liable for any loss, damage or injury resulting from my use of the equipment. The Center makes no warranties regarding said equipment. The terms of this Agreement shall also bind my family members, heirs, personal representatives, and trustees. I understand that this is a binding contract that supersedes any other agreement or representations. If I wish to cancel this contract, I must notify the Center in writing, and any such cancellation shall only be prospective. I give my permission to the Midland Community Center to take photographs and use them for Midland Community Center publications and advertising.

I am legally competent to sign this release, or my parent or guardian has read and signed this release.

Participant Signature: _____ Date: _____

If Participant is under 18 years of age, Participant's parent or legal guardian must also sign, assuming all of the obligations, responsibilities, and liabilities otherwise assumed by Participant.



Midland Community Center Belay Checklist

Please read the following information and check the box affirming that you understand and agree with each statement. If any of the information is not clear or you do not understand it, ask your instructor for clarification. It is important that you read this thoroughly.

Please check each box.

- I was instructed how to properly put on a harness.
- I was instructed how to correctly feed the rope through the attachment points on the harness.
- I was instructed how to properly tie, dress, and set a figure eight knot with minimum a four inch tail to ensure the safety of the knot.
- I was taught the proper communications used when climbing and belaying.
- I was instructed on the use of belaying devices (ATC). I am familiar with the operation of this device.
- I was instructed on the proper belay technique and the importance of the brake hand. I understand that I must keep my brake hand on the rope at all times.
- I was taught the importance of the anchor, how to properly anchor in and when it is necessary to do so.
- I was encouraged to ask questions both during and after the lesson.

The manner in which you belay and climb during this test is the way that all climbers are expected to act whenever they climb at the Midland Community Center Climbing Wall. Neglecting basic safety practices causes most indoor climbing accidents; for your safety and the safety of others we require that you maintain this level of safety consciousness.

As a climber I realize that failure to follow proper safety procedures can result in loss of climbing and belay privileges. By signing this form I state that I have read and understand this document, and agree to abide by the safety practices described herein.

Climber's Printed Name: _____

Climber's Signature: _____

Date: ___ / ___ / ___

Instructor's Name: _____



LYNCHBURG COLLEGE FITNESS CENTER POLICY / RELEASE FORM

Lynchburg College invites students, faculty and staff members to use the College's Fitness Center at such times as those facilities are available for free play. Dependents of faculty and staff are eligible to use the Fitness Center when accompanied by the employee and the employee is responsible for the behavior of dependents. Students are allowed one guest and are required to complete this form. **All users of the Fitness Center are required to have a Lynchburg College ID Card with them while using the facility.**

UNCONDITIONAL RELEASE AND WAIVER

In consideration of the benefits accruing to the undersigned participant and in full understanding of the inherent dangers and risks to which the participant will be exposed during her/her recreational use of the College's Fitness Center, by signing this waiver hereby expressly waive all claims against, release and discharge Lynchburg College, and any and all of its employees, trustees, officers and agents from liability for any loss or injury sustained by the undersigned participant as a result of his/her use of these facilities. This release is understood to release the aforesaid not only for the acts or omissions of individuals but also for the physical conditions of the aforesaid premises and the equipment used therein.

By signing this release, I understand I am using the College athletic facilities for my own benefit; that no representations about the nature or condition of the facilities has been made by any trustee, officer, employee or agent of Lynchburg College; and that my use of the athletic facilities does not arise out of or occur in the course of his/her employment.

RULES AND REGULATIONS

1. Only Lynchburg College Students, Faculty, Staff, and authorized guests are allowed in the Fitness Center.
2. Lynchburg College ID is required in order to be admitted into the Fitness Center.
3. LC ID's must be left with the Fitness Center Attendant and are returned when you leave the facility.
4. All users are required to enter on the 1st floor and required to sign in when entering and sign out when leaving the facility.
5. A towel will be issued when you enter the facility. Equipment is to be wiped down after each use. Towels are to be returned when you leave.
6. No one is allowed in the Fitness Center when the facility is closed.
7. Prior to participation, a Fitness Center Policy / Release Form must be completed and on file.
8. Do not use equipment unless you are knowledgeable about how to use it.
9. Observe Fitness Center etiquette and demonstrate courtesy toward others in the facility at all times.
10. No horseplay; loud or offensive language; or temper tantrums will be tolerated.
11. Proper attire is required at all times - shirts and athletic shoes required. NO jeans or NO open toed shoes allowed.
12. Show respect for equipment and facilities at all times. Do not drop or throw weights.
13. You may be expelled immediately if you misuse equipment or the facility. Failure to leave the facility, if asked, will result in disciplinary action.
14. Utilize spotters and locks when necessary (e.g., overhead lifts, squats, bench presses, platform or Olympic lifts).
15. Equipment is to be kept off the floor and is to be returned to its proper racks when lifting is completed.
16. Keep the facility flow path clear; remove any obstructions.
17. The Fitness Center Attendants have authority over all room conduct and use of equipment, including sound system.
18. Injuries and defective equipment are to be reported to the Fitness Center Attendant immediately.
19. No tobacco products, food, chewing gum, glass bottles or cans are allowed. Plastic water bottles are acceptable.
20. No alcohol, drugs, and/or banned substances are allowed in the fitness center.
21. Lynchburg College and/or supervisors are not responsible for personal belongings or lost or stolen items. Lockers are available on a first come basis and you must provide your own lock. Items left in lockers overnight will be discarded.
22. Keep feet off of the walls.
23. Minimize chalk and powder on the floor.
24. Do not spit in the facility.
25. Never attempt to "save" Olympic style lifts (i.e. power snatches and power cleans).
26. No pets allowed in the Fitness Center.
27. Posted rules must be followed at all times. Failure to comply with stated rules will result in disciplinary action.

Name of Participant (*please print clearly*): _____ Date: _____

Campus Box/Department: _____

Status: Student Faculty Staff Spouse Dependent Guest of _____

Signature of Participant: _____ Date: _____

Name of Employee (if Spouse or Dependent is indicated): _____

Signature of Parent if Participant is under age 18: _____ Date: _____

OFFICE USE ONLY	<input type="checkbox"/> APPROVED <input type="checkbox"/> DENIED	Fitness Director's Signature: _____	Date: _____
Date Sent to Security: _____	By: _____		

RETURN COMPLETED FORM TO THE FITNESS CENTER OR FITNESS CENTER DIRECTOR FOR PROCESSING.

Revised 7/2006