

# BAKER COLLEGE OF FLINT FITNESS CENTER

## RULES/GUIDELINES

- Participation in the Baker College of Flint Fitness Center is strictly dependent upon completion of membership requirements. Anyone who does not complete these requirements will not be able to use the Baker College of Flint Fitness Center.
- Students must be currently registered for at least 1 class to use the Fitness Center.
- Baker College of Flint Student/Staff I.D. is required at all times in the Fitness Center.
- Proper workout attire is required in the Baker College of Flint Fitness Center. The following are prohibited: dress shoes, work boots, sports bras without a shirt over the top, cut-off “muscle” shirts that do not cover the chest fully, and jeans.
- Lewd behavior or language is prohibited.
- Physical aggression toward another participant will not be tolerated.
- Sexual harassment will not be tolerated. Please follow the guidelines already established in the Baker College handbook.
- Members are expected to use the fitness equipment properly, in a safe manner, and should ask a fitness staff person for assistance if needed. Do not drop weights or slam weight machine plates.
- Food, pop, sports drinks, or gum is not allowed in the Baker College of Flint Fitness Center. Only closed container bottles containing water are allowed.
- Friends & family, who are not Baker College employees or students, are not allowed in the Baker College of Flint Fitness Center.
- No loitering. Unless you are working out or involved in a game or part of a class, you may not “hang out” in the Fitness Center.
- Participants are responsible for their own possessions. Baker College of Flint assumes no responsibility for lost, stolen, or damaged articles.
- No slam dunking the basketball or hanging on the rims will be allowed.
- Equipment malfunctions or injuries should be immediately reported to the Baker College of Flint Fitness Center staff.

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*Signature*

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*Date*

### DISCIPLINARY ACTION

Depending on the severity of the incident at hand, the Baker College of Flint Fitness Staff will take 1 or more of the following disciplinary steps: 1) verbal warning, 2) write-up, 3) call Campus Safety to intervene, and 4) membership privileges revoked.