

Coastal Law Fitness Center Policies and Procedures

The fitness center is for the **exclusive use** of Coastal Law students (currently enrolled), alumni (alumni access available for one year after graduation), faculty and staff (“Users”).

In the event of a medical emergency, dial 911 and then contact security at (904) 680-7777.

Hours/Access:

- ❖ **Fitness center hours: opens when the building opens and closes 30 minutes prior to the close of the building (hours are subject to change).**
- ❖ **All Users must electronically sign or have previously signed the *Fitness Center Waiver and Release of Liability form* prior to using the fitness center.** An email will be sent to new students each term via DocuSign for your electronic signature. Any Users who have not previously electronically signed this form via DocuSign, please call (904) 256-1102 or email fitness@fcsf.edu for access to the form.
- ❖ **Users are required to sign in and record date, name (print) and time of arrival during each visit.**

Dress Code:

- ❖ Users must wear appropriate exercise apparel and footwear during workouts.
- ❖ No bare feet, sandals, slippers, water shoes or heeled shoes. Please wear a shirt at all times.

Personal Belongings:

- ❖ Lockers are available for personal belongings **only** during use of the fitness center.
 - ❖ Keys can be found in the lock — **always** return the key to the lock when finished.
- ❖ Coastal Law is not responsible for the loss, theft or damage of any belongings brought into the fitness center.
- ❖ Be courteous, and keep any personal items clear of walkways and exercise equipment.

General Policies:

- ❖ Food and beverages are prohibited (except for sealed drink containers).
- ❖ Children under 18 are not allowed in the fitness center.
- ❖ **Profanity, abusive language, or flagrant behavior should be reported to security immediately at (904) 680-7777.**
 - ❖ Sanctions may include honor code violations.
- ❖ If playing music from a mobile device, use headphones or earbuds.
- ❖ Security staff will be making daily sweeps through the fitness center.
- ❖ **Report damaged/defective equipment or any other concerns to (904) 256-1102 or fitness@fcsf.edu.**

General Equipment Policies:

- ❖ **Users are responsible for their own safety while using the fitness center — exercise caution while using equipment.**
- ❖ Fitness center equipment is not permitted to leave the facility.
- ❖ **Users must wipe down equipment after use with disinfectant and towels provided.**

Free Weights/Resistance Equipment:

- ❖ Do not drop weights/weight stacks or stand on exercise benches.
- ❖ Re-rack weight plates, dumbbells, and/or barbells and return them to their place of origin.
- ❖ Using a spotter is recommended — always use caution when using weights and avoid lifting more weight than you can handle.
- ❖ Warm-up and cool down exercises are recommended.