



WELCOME TO WESTMINSTER HIGH PLAINS FITNESS CENTER

Fall & Spring Hours of Operation:

Monday – Thursday: 7 a.m. – 7 p.m. Friday: 7 a.m. – 3 p.m.

Summer Hours of Operation:

Monday - Thursday: 10 a.m. – 6 p.m.

*Hours are subject to change during holiday breaks

IDENTIFICATION CARD REQUIREMENT/ACCESS CONTROL:

Upon arrival, ALL members are required to swipe their FRCC Wolf Card at the front desk. The Fitness Center is authorized to deny access to anyone who does not present a Wolf Card or valid identification. Members who forget their Wolf Card may receive a one-time exemption per semester to enter the Fitness Center upon showing an alternate picture identification. Only currently enrolled FRCC Westminster students and FRCC Westminster employees may become members of the Fitness Center.

Full access will be limited during times when academic credit courses are being conducted. When courses are in session, participants will not be allowed in the area where the course is being conducted. Please check with the Fitness Center Staff for course times. Students participating in academic credit classes are required to present their Wolf Cards to enter the facility.

Wolf Cards will be confiscated when used by a person other than the owner. The individual using another person's card will be asked to leave the facility for the day. All confiscated/lost cards will be taken to campus security.

CODE OF CONDUCT:

Our Fitness Center Code of Conduct falls under the FRCC Student Code of Conduct. The following behaviors will result in an automatic one-day suspension and may face suspension/revocation of membership. Refunds will not be given to those who lose their membership by violating the Code of Conduct.

- Verbal or physical abuse, or threat of verbal or physical abuse toward an employee or patron
- Any physical contact with an employee
- Failure to cooperate when asked for information requested by an employee
- Public indecency, obscenity, or sexual harassment
- Suspicion of consumption of alcohol/drugs
- Damage/destruction of facilities/equipment
- Any violation of FRCC policies and procedures governing conduct of students
- Inappropriate use, abuse or damage of equipment and spaces
- The use of someone else's card to access the facility

- Giving one's card to another person to enter the facility
- Accessing the facility without a Wolf Card
- Interfering with employee duties, obscene language, excessive noise, or disruption in operations

PERSONAL BELONGINGS:

Items will not be held at the front desk. There is an open cubby area by the front desk for your belongings, as well as lockers that can be purchased in the front lobby and locker rooms. The Fitness Center is not responsible for lost or stolen items. Do not leave anything unattended at any time!

Personal belongings should be clear of all activity spaces and floors, due to fire code and safety regulations.

No bicycles, scooters, skateboards, rollerblades, hoverboards, or similarly wheeled apparatus' are allowed inside.

LOST AND FOUND:

Lost and found is located at the Front Desk.

- Unclaimed items collected throughout the day will be taken to the Campus Security Office at closing.
- Water bottles and personal hygiene items (ie. shampoo, shaving cream, soap, etc.) will be thrown out at the end of each day.
- The Fitness Center is not responsible for lost, stolen, or damaged property.

EQUIPMENT CHECKOUT

Available recreation equipment may be checked out at the front desk with a Wolf Card. Users are responsible for all equipment and must reimburse the Fitness Center for any lost or damaged equipment.

INJURIES:

All injuries must be reported to staff immediately. Accident reports will be filled out by Fitness Center Staff when first aid is provided. Emergency services may be called upon the request of the members or at the discretion of Fitness Center Staff.

PROPER ATTIRE:

To provide a safe space that protects members from the spread of diseases, and reduce wear and tear of equipment, all participants are asked to wear appropriate athletic clothing when using our facilities. Patrons who are not wearing appropriate clothing or clothing that is found to be offensive will be asked to change or leave for the day. Appropriate clothing consists of:

- Closed toed athletic shoes with non-marking soles are required in all activity spaces, except during certain fitness classes or credit courses such as dance and yoga.
- Patrons must wear shirts in all facilities (except the locker room). Sports bras are treated as if the patron is not wearing a shirt and the same no shirt policy applies.

- Tank tops and shirts must fully cover lower back, navel and nipple areas.
- Clothing with obscene or offensive words or pictures will not be tolerated.
- Jeans, pants, or shorts with rivets/buttons are not permitted in activity areas. These items can rip the upholstery on equipment causing unnecessary wear and tear.
- The Fitness Center Staff reserves the right to restrict the use of any apparel that may be unsafe on equipment or to self/others.

GENERAL GUIDELINES:

- Alcohol, drugs/illegal substances, tobacco, firearms/weapons are all prohibited.
- Intoxication or appearance of intoxication will be grounds for immediate removal from the facility.
- Food and gum is strictly prohibited in the Fitness Center. Drinks must be in closed-cap and non-glass bottles when used in activity spaces.
- Animals and pets are not allowed in, unless they are trained service animals used by persons with disability. All animals must be under immediate control of their owner. (CRSA 24-34-803, FRCC CSP 2.5)
- Video or still photography is not allowed in the Fitness Center. Only permissible when prior approval is received from the Fitness Center Coordinator.
- Use of personal devices projecting noise such as music, television programs, etc. are prohibited. Use headsets or headphones when using your technology.
- Individuals are responsible for properly securing their own belongings. FRCC is not responsible for loss or theft.
- Personal belongings (gym bag/backpack) should be kept clear of activity floors. Lockers are available for purchase at the Student Life front desk. Cubbies are available on a first come first serve basis.
- Use the provided rags and spray set around the facility to wipe equipment after use.
- Formal instruction (ie. group fitness, personal training) in the Fitness Center is to be conducted by FRCC staff only.
- Sandals, open toed shoes, boots, socks-only, jeans, jean shorts, etc. are prohibited.
- Athletic shoes, dance shoes, or no shoes allowed in the Yoga/Dance studio only.
- No black soled (hiking/trail shoes) or street shoes allowed on the wood gymnasium court.
- Equipment may not be moved, altered, or removed without authorization from the fitness center staff. All rooms are to be left as found.
- Please report any maintenance or repair needs to a staff member.

CARDIO ROOM POLICIES:

- At the end of your workout, please make sure that you push the “stop” control on the cardiovascular equipment to return to the start position.
- Please wipe off all controls, seats, railings when finished with your workout using provided rags and spray set around the facility.
- If any piece of equipment is working improperly please report it immediately to the Fitness Center staff.
- The equipment must be used in the way that it is intended. You may not use handheld weights while on the cardiovascular equipment, walk/run backwards or side by side, or having more than one person on the machine.
- Please limit workouts to 30 minutes if others are waiting for equipment.

STUDIO ROOM POLICIES:

The yoga/dance studio is available for open use and one hour reservations when a credit class is not using the space. Check the front door of the studio or front desk for the availability.

- Only athletic or dance shoes are allowed in the yoga / dance studio. Bare / sock feet are permitted only in the Studio.
- During classes, please follow the instructor's instruction and keep conversations to a minimum for your safety and others.
- Clean and return all used equipment to proper locations when finished with your workout.
- Do not touch the glass mirrors/windows.
- Please leave Studio door unlocked at all times.
- Do not bring in equipment from other activity areas unless instructor requires it or Fitness Center Staff has approved it.

Studio Reservation Policies:

- Reservations may be no more than 1 hour long, and must allow for 15 minutes before or after a scheduled class.
- Consecutive reservations on the same day will not be allowed.
- Only 10 people shall be allowed in the Studio at a time.
- Please leave the door unlocked at all times.
- Do not bring in equipment from other activity areas unless Fitness Center Staff has approved it. Equipment that can damage the space will not be permitted.
- Reservations can only be made by Fitness Center members.
- To make a reservation, contact the Fitness & Wellness Coordinator at Lauren.Schiller@frontrange.edu.

WEIGHT ROOM POLICIES:

Ask for assistance if you do not know how to use equipment! In order to keep yourself and others safe in the Weight Room, wipe off your equipment, ensure you are using the equipment appropriately, and select exercises you are capable of performing. Ask for a spot if you need it!

- Return moved benches or equipment to their proper place after use.
- Avoid making loud sounds (banging weights, yelling, dropping dumbbells).
- Be patient and kind when waiting for equipment, and be efficient when using equipment while others are waiting for you. Allow others to work in with you.
- Don't stand in front of the weight rack while lifting; you may be blocking others from getting to the weights.
- Use of chalk is prohibited and will be strictly enforced.
- Please wipe off all pieces of equipment that you have come in contact with.
- Return all weights to their proper place after use. Never leave weights lying on the floor.
- If you see any potentially dangerous or faulty equipment, report it to the staff immediately.
- Control your weights at all times. Weights with bumper plates may be dropped from waist-level on weight platforms only. Weights should not be dropped in any other area unless necessary for safety purposes.

- Use collars on plate-loaded barbells at all times.
- Unload bars when you finish with them. Take the weights off equally on both ends of the bar, and return weights to rack.
- Plates/dumbbells must be returned to the proper racks – check the labels and have lbs. face outward. No weights are to be left on machines or on the floor.
- Do not bring your gym bag onto the fitness floor. Please keep it put away safe!
- No horseplay allowed in the weight room area.
- Hanging upside down from any equipment is prohibited.
- Other activities deemed unsafe or inappropriate by Fitness Center Staff will not be allowed.

GYMNASIUM POLICIES:

Due to all games being self-officiated and self-monitored, good sportsmanship and proper conduct are expected at all times. Full access will be limited during times when academic credit courses or Intramural competitions are being conducted. Please check with the Fitness Center Staff for gymnasium availability.

- Grabbing or hanging on nets is prohibited. No dunking rule is strictly enforced.
- Soccer, football, baseball, and other activities unsafe in gymnasium are prohibited to protect others and prevent facility damages such as broken mirrors, etc.
- Throwing objects, including balls, at mirrors, and lights is prohibited.
- Bringing in equipment from other activity spaces is prohibited
- Fitness Center Staff reserves the right to modify games based on participant needs.
- Other activities deemed unsafe or inappropriate by Fitness Center Staff will not be allowed.

LOCKER ROOM POLICIES:

- No glass is allowed to be brought into the locker room
- The Fitness Center is not responsible for lost or stolen items.
- To prevent video or photos from being taken, mobile technology use is prohibited in locker room areas.
- Personal hygiene items (ie. shampoo, shaving cream, soap, etc.) will be thrown out at the end of each day.
- Individuals have the right to access the gender-segregated facility that is in accordance with that person's consistently asserted gender identity. Gender segregated facilities include but are not limited to, restrooms and locker rooms. (CCRC Rule 81.9)

LOCKER RENTALS:

Fully-accessible lockers, located inside the men's and women's locker rooms, are available for rent from the Office of Student Life. Each locker room is equipped with two showers and bathroom facilities. All Gender lockers are located by the front desk for access to the All Gender bathroom/shower facility.

With each locker rental, an assigned locker, combination, and corresponding expiration date is given. Be careful not to lose the combination.

Locker Rental Rates per Semester:

Fall & Spring (14 weeks): \$15 Summer (9 weeks): \$10

Damage to locker will result in a \$75 fee.

Semester locker rentals begin at the start of the second week of the semester.

All lockers must be cleared by the semester expiration date! Expiration notices will be posted on the lockers two weeks in advance.

Credit Class Lockers:

Those who are currently enrolled in a credit class that meets regularly in the Fitness Center are granted free locker access for the duration of the class. Lockers must still be registered in the Student Life Office. Lockers can be reserved during the first week of the semester. After that first week, lockers become available to everyone and a free locker is no longer guaranteed.

LOCKER PROCEDURES & GUIDELINES:

- Do not leave belongings unattended in a locker unless you have locked it. Found locker room items will be stored at the Front Desk for the duration of the day. All unclaimed items will be turned over to Campus Security at the end of the day.
- All lockers must be cleared out at the end of each rental period.
- No decals, stickers or labels are allowed on or in the lockers.
- All lockers are the exclusive property of FRCC High Plains Fitness Center and as such may, without prior notice, be opened for operational and/or maintenance purposes.