



## 1. Valid Ivy Tech Community College ID Card

A valid ID is provided to each student and employee of Ivy Tech Community College. No one is allowed to use the WFWF Center without a current valid ID. Use of the WFWF Center is a privilege. Fraudulent use of college identification to gain access will result in loss of privileges.

## 2. Guest

Guests are **NOT** allowed use of the WFWF Center. Only Ivy Tech students, faculty, and staff are eligible for a free membership. If you have a friend or family member who would like a membership, they can sign up and pay to utilize the fitness center for the semester. Call (812) 429-0585 for details.

## 3. Dress Code

All participants need to respect others and wear appropriate clothing to WFWF Center. WFWF Center staff reserve the right to ask anyone dressed inappropriately to change clothes.

**Acceptable:** Athletic shirts with short or long sleeves, athletic shorts, sweats, running tights, track suit, or warm-ups. Athletic shoes must be worn to exercise. Proper shoes help prevent foot and leg problems and make exercise fun. Fully enclosed athletic shoes, cross trainers, walking shoes, hiking boots or running shoes.

**Unacceptable:** Shirtless, sports bras only, rubber/plastic suits or any revealing clothes. Cut-off shorts, casual pants or shorts, jeans or clothes with exposed rivets or zippers. Unacceptable shoes include open toe shoes, heels, dance slippers or cleats.

## 4. Equipment

It is important that you ask for directions or a demonstration if you are uncertain on how to perform an exercise. When using the free weights, use collars on all weights. If you need a “spotter” ask a fitness technician for assistance. Please don’t attempt to lift heavy weights without assistance. Please put back all plates when you have finished using a piece of free weight equipment. Please report any equipment that is malfunctioning or broken to the fitness staff. All exercise equipment and classes are on a first come first serve basis, with students having priority before employees.

Throwing or dropping weights will *not* be tolerated.

**PLEASE NOTE: ONLY CERTAIN EQUIPMENT WILL BE ACCESSIBLE WHEN THE FITNESS CENTER IS NOT STAFFED IN THE EVENINGS AND ON SATURDAYS. YOU WILL ONLY HAVE ACCESS TO THE CARDIO EQUIPMENT, WEIGHT MACHINES, AND LIMITED FREE WEIGHTS**

## 5. Cleaning Exercise Equipment

Please use the blue rags and cleaning bottles to wipe down the equipment after each use. This helps prevent the spread of germs. Please do not spray directly on the cardio machines. Spray the rag first then clean the machine.

## 6. Towels

Workout and shower towels are provided to all members during the hours of 9:00 a.m. – 4:30 p.m. or during staffing hours. After presenting your Ivy Tech ID for check-in, you can pick-up a workout towel, shower towel, and locker key. During checkout, please return your towel and key and you will receive your ID. Please note that the towel service is a privilege which can be taken away at any time if towels aren’t being returned.

## 7. Lockers

Lockers are provided for your convenience during the hours of 9:00 a.m. and 4:30 p.m. or during staffing hours. We are not responsible for personal items brought into the Fitness or Aerobic Center. Use the lockers to store any valuable/personal items. All lost items found will be turned over to Lost and Found.

## 8. Conduct

The WFWF Center is a valuable benefit--treat it with respect. Using cell phones while on equipment is unsafe and not permitted. Any misconduct activities as described by the Ivy Tech Community College Student Handbook are not tolerated. Harassment of students or employees, disruption of activities, or willful destruction of College property will result in the loss of all privileges and referral for possible disciplinary action to College officials. Participants are not allowed to use abusive language or profanities while using the facility. Music with vulgar lyrics is not permitted.

## 9. Music

Loud and/or vulgar music will not be tolerated. Please only wear ear buds when playing music.

## **10. Beverages/Food**

Only bottled water or clear plastic containers with lids are allowed to be carried in Fitness Center (that includes sports drinks and protein shakes). Participants are not allowed to have food in the fitness center.

## **11. Tobacco/Drugs/Alcohol**

These substances are not allowed in the Fitness Center or Locker Rooms. Any student suspected of being under the influence of drugs or alcohol will not be permitted to use the Fitness or Aerobic Center. Participants are not allowed to consume tobacco products of any kind while working out in the Center. Violators will be asked to leave, if he/she stays, then Ivy Tech security will be called.

## **12. Personal Hygiene**

Members are expected to maintain proper hygiene while using the Fitness or Aerobic Center.

## **13. No Littering**

As a courtesy to others, use the trash receptacles and not litter the Center or shower facilities. Please pick up your towels, water bottles, newspapers or magazines.

## **14. No Animals**

Animals are prohibited in the WFWFC, unless utilized as a guide for disabled patrons.

## **15. No Grunting!**

It is disturbing to others and is not the proper way to breathe while lifting weights. While it may be tempting to hold your breath during exercise, the most effective way to breathe during resistance training is to inhale as you lower the weight and exhale as you lift the weight. This helps to control your blood pressure and heart rate while lifting heavy weights.

## **16. Security Cameras**

The Fitness Center is under video surveillance at all times. Please be on your best behavior.

## **17. Key Fob System (Provides evening and Saturday access and other times when Fitness Center is not staffed.)**

If you want to utilize the Fitness Center when there is no staff, you must purchase a key fob for \$5 from the Business Office. You will obtain a key fob registration form from the Business Office and bring it to the Fitness Center to obtain a stamp after you have signed up and completed your orientation. You will take the form to the Business Office to pay \$5 and receive your key fob. If you lose your key fob, you must purchase another one. Key Fobs expire December 31 for the fall semester and around August 20 for the spring/summer semester. The expiration date will need to be updated at the Business Office each semester.

**Please note: If you are caught sneaking anyone into the Fitness Center and don't have a key fob, your membership privileges will be revoked. Security will be monitoring this closely.**

## **18. Towels and Locker Room Service**

Towels and Locker Room Service are only available from 9:00 a.m. – 4:30 p.m. or when Fitness Center is staffed.

## **19. Relaxation Room and Aerobics Room Access**

The Relaxation Room and Aerobics Room are only accessible between 9:00 a.m. and 4:30 p.m. or during staffing hours.

## **20. Fitness Center Entrance/Exit**

You must use the main entrance to the fitness center for entering and exiting. The side exits are for emergency use only. If you are caught leaving or entering the fitness center through the side emergency exits, your fitness center privileges will be revoked.

## **21. In Case of an Emergency**

In the event of an emergency, please call security at (812) 492-0517 and call 911, if necessary. There is an AED (defibrillator) and fire extinguisher located on the wall near the front desk and by the women's locker room door. You can also press the emergency button underneath the front desk which will alert security in the event of an emergency.