



FAYETTEVILLE TECHNICAL COMMUNITY COLLEGE

FITNESS CENTER HANDBOOK

Horace Sisk Building-Room 800

2201 Hull Rd

Fayetteville, NC 28303

(910)-678-0197

- **Fitness Center hours are scheduled around Physical Education Classes, because it is primarily a lab for the Health and Fitness Science department.**
- **Open hours will vary each semester and will be posted each semester once physical education classes have been scheduled.**
- **The Fitness Center is non-operational when the campus is closed.**
- **Sign up for Text alerts to receive information on closings on the FTCC website.**



Fayetteville Technical Community College

Guidelines for Membership in the Fitness Center

A. Eligibility:

FTCC students are eligible for membership in the FTCC Fitness Center, if they are:

- Enrolled in a curriculum course, have a current student I.D., and undergo the equipment orientation.
- Enrolled in continuing education courses for 8-16 week program (proof required). If the program requires insurance (proof required), and undergo the equipment orientation.
- FTCC faculty, staff, retirees and board members are eligible for membership in the FTCC Fitness Center.
- Spouses and children of full-time FT faculty/staff and board members are eligible for membership in the Fitness Center.

B. Fee Payment:

- FTCC Curriculum students must pay a \$5.00 fee per academic year (August-May). If you attend for the summer semester, a fee of \$5.00 is require those 8 weeks, as well.
- Spouses and children of FTCC full –time employees and board members may pay a single fee of \$25 per semester (fall, spring, and summer). Children must be at least 16 years of age and accompanies by a parent until age 18.
- Continuing education students seeking membership in the Fitness Center must be enrolled in an 8-16 week program. If the program requires payment of insurance and the insurance has been paid, the student will only have to pay the \$5.00 fitness center fee. If the student is enrolled in an 8-16 week program that does not require payment of an insurance fee. The student is required to pay a total

of \$19.00, which includes the \$14.00 college insurance fee and \$5.00 fitness center fee. The student must provide proof of enrollment and payment of insurance, prior to obtaining paperwork to join the fitness center.

Please initial on lines provided.

_____ **C. Risk and Liability:**

- The College assumes no responsibility for any injury that may occur.
- Use equipment at your own risk.
- The College assumes no responsibility for lost or stolen items.

_____ **D. Dress Code**

All Fitness Center users must wear appropriate clothing while using the center. This includes:

- Full T- shirts with sleeves and appropriate workout shorts/pants.
- Soft-soled tennis shoes/sneakers. No open footwear or crocs, nor boots of any kind permitted.
- No plastic or rubberized soles. No street clothes (jeans, boots, heels, etc.).
- No clothing with zippers, buckles or buttons, because metal rivets will cut the upholstery.

_____ **E. Policies and Procedures:**

- Use of profanity is prohibited.
- Fighting and horseplay is prohibited.
- Headphones must be worn to listen to personal music.
- Observe proper personal hygiene by showering regularly.
- Please dispose of all trash in the proper bins.
- Please report any faulty or damaged equipment to staff member immediately.
- Except for capped water bottles, eating or drinking is prohibited.
- The College Code of Conduct applies for students using the Fitness Center.

In the fitness center:

- Machines must be properly wiped down after each use.
- Please be respectful of clothes of others while using equipment.
- All weights must be neatly re-racked after each use.
- If unclear about machine usage, please consult with a staff member.
- Please read and follow machine directions carefully.
- Please do not stand or step on exercise benches.
- Books, bags, and personal items should be kept in the day lockers located in the locker room. You must bring your own lock to secure your belongings during your workout. All personal belongings must be removed from the locker when you leave. Bookbags may be hung up on the hooks provided if not in use. Do not put bookbags or personal item in the fitness area or around/hanging on the machines.
- Slamming and dropping weight stacks, plates, or dumbbells is prohibited.
- Move from station to station at a reasonable speed. Individual or groups are not allowed to dominate any are of the center.
- Workout towels are required for machine usage. We do not supply towels.
- Music played by the Fitness Center staff is at the discretion of the staff on a daily basis. We will adjust the volume if needed.

_____ **F. Hours of Operation:**

- **FTCC Fitness Center hours are scheduled around Physical Education classes, because is primarily a lab for PE. Open hours for the facility will vary each semester and will be posted each semester once physical education classes have been scheduled.**
- **The Fitness Center is non optional when the campus is closed.**

_____ **G. Disciplinary Action:**

Patrons who violate the Fitness Center policies and procedures are subject to disciplinary penalties of the College. If the patron's behavior violates the law and

Fitness Center policies, the College may take disciplinary actions, independent of that taken by legal authorities.

If there is a minor infraction of policies (ex: incorrect attire or failure to bring a towel), for the first offense you will be given a warning. The second offense for violating any policies will result in termination of your membership for the remainder of the semester. Policies are put in place for your safety and safety of others. If any misconduct threatens the health or safety of any member of the Fitness Center or seriously disrupts the function and good order of the Fitness Center, the Fitness Center staff may direct the patron (s) involved to cease and desist such conduct and advise them that failing to do so will result in immediate termination of their membership. An administrative officer will suspend the patron from the Fitness Center until a resolution of the matter can be made. Disruptive behavior may include, but is not limited to, obscene and/or disruptive language, threatening actions and blocking or restricting access to the Fitness Center department in writing of the individual (s) involved and the nature of the infraction as soon as possible, but no more than two days following the incident. The Chair and Dean shall resolve the matter in a timely fashion.

_____ H. Appeal of Disciplinary Sanction:

The academic Chair of the department or Dean investigates charges of misconduct and determines the action to be taken (for fitness center patrons). The decision of the Chair or Dean is presented to the patron in writing within five (5) working days after the charge is filed. The patron is notified that a disciplinary sanction will be imposed, he or she may appeal the decision.

- (1) If a patron wishes to appeal the decision, he or she must submit the appeal in writing within five (5) working days or receipt of the Chair or Dean's decision to the Fitness Center Coordinator, after which it will be presented to the Appeals Committee.
- (2) The decision of the Appeals Committee are referred to the Vice President of
- (3) Student Services are recommendations. The Vice President of Student

- (4) Services will review the case, consider the recommendation, and reach a decision as soon as possible, but not later than three (3) working days from the receipt of the recommendation of the Appeals Committee.
- (5) If the patron wishes to appeal the decision of the Vice President of Student Services, the appeal must be in writing and addressed to the President and then to the Board of Trustees are final.

Fitness Center Concerns:

Patrons have the right to inquire about issues or other concerns related to the Fitness Center. Inquiries should be directed to the following persons in the following order:

Fitness Center Staff:

Name: Brian Clark

Phone: 910-678-9852

Office: HOS 800

Email: clarkb@faytechcc.edu

Name: Peace Easton

Phone: 910-678-0197

Office: HOS 800

Email: eastonp@faytechcc.edu

Department Chair:

Name: Larzaris Butler

Phone: 910-678-8352

Email: butlerl@faytechcc.edu

Dean:

Name: Kenjuana McCray

Phone: 910-678-9815

Email: mccrayk@faytechcc.edu

I have read and understand the policy and procedures and will abide by them.

Signed: _____ Date: _____

Fitness Center

PERSONAL MEDICAL HISTORY BIOGRAPHICAL FORM

Date: ___/___/___

Student ID# _____

Faculty ID # _____

LAST NAME _____ FIRST NAME _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ Home Phone (____) ____ - ____ Office (____) ____ - ____

DOB ___/___/___

SEX: M/F

CURRICULUM/DEPARTMENT _____

STATUS

() EMPLOYEE

() FULL- TIME STUDENT

() RETIREE

() PART-TIME STUDENT

() BOARD MEMBER

() CONTINUING EDUCATION STUDENT

() SPOUSE/DEPENDENT OF FULL TIME EMPLOYEE AND /OR BOARD MEMBER

EMERGENCY CONTACT:

NAME: _____ RELATIONSHIP: _____

PHONE #: _____

Medical History: Please answer each question:

Yes/ No

() () 1. Do you have a history of high blood pressure?

() () 2. Do you have a history of back trouble?

3. Currently being treated for back trouble?
4. Do you have diabetes?
5. Do you have asthma?
6. Do you have circulation disorder of the extremities?
7. Do you have a history of knee trouble?
8. Do you have a history of seizures?
9. Have you had surgery in the past 6 months? If "Yes," explain below:
-

10. Currently taking any medications? If "Yes," list medications below:
-

11. Do you have physical condition that may be aggravated by exercise?
-

12. Is there any significant medical information not mentioned here?
-

SMOKING QUESTIONNAIRE;

- Do you currently smoke?
- Have you smoked in the past?

PLEASE CHECK CURRENT ACTIVITY LEVEL:

- Very active (Exercise 20 minutes or more 5 or more days per week?)
- Active (Exercise 20 minutes or more 3-4 times per week?)
- Somewhat Active (Exercise 20 minutes 1-2 days per week)
- Inactive (Not a regular exerciser)

PLEASE CHECK GOALS THAT YOU WOULD LIKE TO ACHIEVE

- Lose weight, inches, and/or body fat?
- Gain weight and/or inches?
- Firm up/tone muscles?
- Build endurance improve athletic performance. In what way?

- () Reduce stress?
- () Reduce cardiovascular risk, lower blood pressure?
- () Maintain current fitness level?

PRINT NAME:

SIGNATURE:

DATE:



FTCC FITNESS CENTER WAIVER AND RELEASE OF LIABILITY

In consideration of my use of the exercise equipment and facilities provided by the college, I expressly agree and contract, on behalf of myself, my heirs, executors, administrators, successors and assigns, that the college and its insurers, employees, officers, directors, and associates, shall not be liable for any damages arising from personal injuries *including death) sustained by me, in, on, or about the premises, or as a result of the souse of the equipment or facilities, regardless of whether such injuries result, in whole or in part, from the negligence of the college. By the execution of this agreement, I accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur to me or my and I hereby fully and forever release and discharge the college, its insurers, employees, officers, directors, and associates, from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out the use of said equipment and facilities.

I expressly agree to indemnify and hold the college harmless against any and all claims, demands, damages, rights of action, or causes of action, of any person or entity, that may arise from injuries or damages sustained by me.

I agree to be solely responsible for safety and well being of myself. I understand that the college does not provide supervision, instruction, or assistance for the use of the facilities and equipment.

I understand an acknowledge that the use of exercise equipment involves risk of serious injury, including permanent disability and death.

I understand and agree that the college is not responsible for property that is lost, stolen, or damaged while in, on, or about the premises.

I HAVE READ THE FOREGOING WAIVER AND RELEASE OF LIABILITY AND VOLUNTARILY EXECUTED THIS DOCUMENT WITH FULL KNOWLEDGE OF ITS CONTENT.

DATE: ____/____/____

PRINT NAME: _____ **SIGNATURE:** _____



FITNESS CENTER EQUIPMENT ORIENTATION
VERIFICATION SHEET



I, _____ have received instructions and demonstrations on the proper and safe use of the FTCC Fitness Center cardiovascular and weight equipment.

Signature:

Date:
