

Titan Fit Zone

The Purpose of the Titan Fit Zone is to provide a facility that will teach, encourage, and emphasize the participation in educational, recreational and wellness activities at the University of Detroit Mercy.

General Rules & Regulations

Use of the Titan Fit Zone is considered a privilege. Individuals who do not comply with the established departmental policies and procedures may be asked to leave the facility and/or be subject to university disciplinary procedures.

Eligible Users:

- 1) All patrons must present a valid UDM Student, Faculty or Staff ID Card. Valid UDM Student ID's must have a current validation sticker on the back of the identification card (i.e. F-09, W-10, S-10).
- 2) All currently enrolled UDM students, faculty & staff are eligible to use the Titan Fit Zone.
- 3) Spouses and dependents of current UDM Students and Faculty/Staff are **NOT ELIGIBLE** to use the Titan Fit Zone.
- 4) *All eligible users must read and sign the Titan Fit Zone Registration form.*
- 5) If Students are under the age 18, they must present valid Student identification & sign the participant registration form.
- 6) Guests are not permitted access to the Titan Fit Zone.
- 7) The Titan Fit Zone shall **NOT BE RESERVED** for any organization and/or group for any reason. Its sole purpose is for individual use and Student Life structured programs in the Wellness Classroom/area.
 - a. **Team and personal instruction** are prohibited in the Titan Fit Zone, activities including but not limited to; organized team training drills, group practices, and one-on-one instruction.
- 8) Only instruction from the Campus Recreation and Titan Fit Zone Staff are allowed.
- 9) Persons involved in **unruly conduct, improper use of equipment and/or damage to the facility will be asked to leave immediately.** The Department of Public Safety may be summoned to remove and/or charge persons involved in dangerous or detrimental conduct. The use of profanity is also prohibited in the facilities.
- 10) **Persons caught stealing university and/or personal property will be prosecuted to the fullest extent of the Law.** Patrons are encouraged to protect their personal property by using lockers and limiting valuable items brought to the facilities. Note that high-risk facilities are monitored by closed circuit television for safety and security purposes.
- 11) **Alcoholic beverages and Tobacco Products** are prohibited from the Titan Fit Zone. Individuals under the influence of any foreign substance will be asked to leave the facilities immediately and facility use privileges may be revoked indefinitely.
- 12) Only bottled water and sports drinks are permitted in the Titan Fit Zone.

- 13) **Wellness Classroom** - Student Life/Campus Recreation programming always has priority over free-play users. A strong commitment is made to providing a reasonable amount of free play space at all times, consistent with the recreational needs of the Titan Fit Zone.

User Compliance

The following policies have been established in the Titan Fit Zone to ensure the fair and consistent treatment of all participants. Questions about policies should be directed to a Titan Fit Zone staff member.

It is each participant's responsibility to read and understand all general and area-specific rules and regulations.

- 1) All individuals must present a valid UDM ID at the entrance desk to obtain access to the facility. Identification presented by someone other than the rightful owner will be confiscated. *Titan Fit Zone Staff reserve the right to request identification at any time.*
- 2) The Titan Fit Zone is a student friendly environment. Participants are expected to act responsibly and respect the rights of others. Those engaging in unacceptable or irresponsible behavior may have their access to the Titan Fit Zone revoked.
- 3) Items and activities prohibited in the Titan Fit Zone:
 - ◆ Food, gum, and beverages.
 - ◆ Digital cameras, web cams, cameras, and video recorders.
 - ◆ Chewing, tobacco, and/or smoking
 - ◆ Bicycles, strollers, and in-line skates
 - ◆ Animals
 - ◆ Use of the facility while under the influence of alcohol or other drugs
 - ◆ Cell phone use (Please exit the facility for cellular phone use).
 - ◆ Posting announcements, flyers, posters, etc., on building walls, windows, lockers, and /or doors.
- 4) The following dress code is strictly enforced:
 - ◆ Proper athletic attire must be worn at all times.
 - ◆ Absolutely no clothing with rivets or exposed zippers are permitted.
 - ◆ No Jeans
 - ◆ Protective, closed-toe athletic shoes must be worn at all times.
 - ◆ No sandals, clogs, boots, or dress shoes are permitted.
 - ◆ Shirts that completely cover the torso.
- 5) Personal belongings should be secured prior to coming to the Titan Fit Zone.
- 6) The Titan Fit Zone staff is not responsible for lost, stolen, and/or damaged personal.
- 7) Personal Lockers are available for day use to secure personal belongings. The use of lockers is only for short time use.
 - a. Locks may be checked out with an ID Card, and must be returned after use.
 - b. All belongs which remain in the lockers upon the daily closing of the Titan Fit Zone will be taken to lost and found located in the Public Safety Office.
- 8) Please report injuries and/or equipment problems to Titan Fit Zone staff immediately.
- 9) All building occupants must exit when the fire alarm sounds.

Strength Training Rules and Regulations

PLEASE BE COURTEOUS!

- 1) Use of all Titan Fit Zone strength training equipment is available on a first come/ first serve basis.
- 2) Please allow other participants to use the appropriate equipment when performing multiple sets.
- 3) Wipe down equipment after use. Gym wipes are located inside the Titan Fit Zone.
- 4) Individuals are responsible for checking equipment prior to each use. Please report broken or damaged equipment and any malfunctions to the Titan Fit Zone staff immediately.
- 5) Please ask the Titan Fit Zone staff for assistance when using equipment with which you are not familiar.
- 6) Please maintain slow and controlled movements of weights at all times.

Cardiovascular Equipment Use Rules & Regulations

- 1) The use of **ALL CARDIOVASCULAR MACHINES** within the Titan Fit Zone are available on a first come/ first serve basis.
- 2) **The Maximum Time Limit for all cardiovascular machines is 30 minutes.**
- 3) Wipe down equipment after use. Gym wipes are available inside Titan Fit Zone.
- 4) Individuals are responsible for checking equipment prior to each use. Please report broken or damaged equipment / equipment malfunctions to campus Titan Fit Zone staff immediately.
- 5) Please ask the Titan Fit Zone Staff for assistance when using equipment with which you are not familiar.
- 6) **When using treadmills, the use of the emergency -off clip is required.**
- 7) Please report any injury to the Titan Fit Staff immediately.

Group Exercise Rules & Regulations

- 1) **All Fitness classes are available on a first-come first-serve basis.**
- 2) Rubber-soled, non-marking athletic, jogging, and/or running shoes must be worn in all group fitness classes. Sandals, dress, and open-toed shoes are not permitted in the Wellness Classroom.
- 3) Titan Fit Zone staff reserve the right to turn away anyone deemed to be dressed in a way that compromises member safety.
- 4) For the safety of all members, please follow the instructor's routine and keep conversation to a minimum.
- 5) Equipment provided in a class (resistance bands, weights, jump ropes, etc.) may not be taken out of the room.
- 6) Participants are asked to return all equipment to its proper location at the end of class.
- 7) For your safety, leaving group exercise classes before cooling down is strongly discouraged.
- 8) Group Classes will only be taught to groups of two or more.
 - a. Classes with only one participant will be cancelled.
 - b. Any class that consistently has attendance of fewer than five people may be cancelled without notice.

Locker Use

- 1) Lockers are available on a first-come, first-serve basis.
- 2) Lockers are intended for short term and day use only. All belongings and personal items must be removed from lockers upon exit of Titan Fit Zone.
- 3) Personal locks may be used, but they must be removed from the lockers upon exit of Titan Fit.
- 4) Unauthorized locks are removed each night, and contents of the locker will be removed and taken to lost and found.

Cell Phone Use

- 1) Cell phones may not be used in the Titan Fit Zone.
- 2) The use of any type of camera which includes, but not limited to, cell phone cameras, video recorders, digital or film cameras is strictly forbidden without the permission of the Assistant Director of Campus Recreation.

Users who do not adhere to the Titan Fit Zone Rules and Guidelines may be suspended from the Titan Fit Zone indefinitely. The Titan Fit Zone staff reserves the right to refuse service to any user who violates any rule, regulation, guideline, or engages in any verbal and/or physical abuse of Titan Fit Zone staff and/or users.