

# Fayetteville Technical Community College FITNESS CENTER HANDBOOK

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Proponents:

Fitness Center Coordinator

Dean of Engineering, Public Service, and Applied Technology Programs

Fayetteville Technical Community College

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Fayetteville Technical Community College is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award associate degrees, diplomas and certificates. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097 or call 404-679-4500 for questions about the accreditation of Fayetteville Technical Community College.

# **Fayetteville Technical Community College**

## **Fitness Center Handbook**

### **Fitness Center Locations**

Horace Sisk Building- Fayetteville Campus, Room 800  
2201 Hull Road  
Fayetteville, NC 28303  
(910) 678- 0197

Spring Lake Campus, Room 126  
171 Laketree Boulevard  
Spring Lake, NC 28390  
(910) 678-1034

## **Fayetteville Technical Community College Guidelines for Membership in the Fitness Center**

### **A. Eligibility:**

1. FTCC students are eligible for membership in the FTCC Fitness Center, if they are:
  - Enrolled in a curriculum course, have a student I.D., pay the Fitness Center usage fee and undergo the equipment orientation.
  - Enrolled in continuing education courses for 8 weeks or more (proof required), pay the Fitness Center membership fee and undergo the equipment orientation. Membership may be extended through the summer for an additional fee.
2. FTCC faculty, staff, retirees and board members are eligible for membership in the FTCC Fitness Center if they pay the Fitness Center evaluation fee and have an FTCC I.D. A fitness evaluation is included, if desired, for one time only. This fee is per academic year and may be extended through summer if an additional fee is paid for those eight weeks. Both full-time and part-time faculty and staff are eligible for membership.
3. Spouses and children of full-time FTCC faculty, staff and board members are eligible for membership in the Fitness Center if they pay a single fee per semester. Children must be at least 13 years of age and accompanied by a parent until age 18.

### **B. Fee Payment:**

1. FTCC curriculum students, faculty, staff and board members must pay a \$5.00 non-refundable Fitness Center usage fee per academic year (August – May). If they attend for the summer semester, a fee of \$5.00 is required for those eight weeks, as well. A fitness evaluation is included, if desired, for one time only; any additional fitness evaluations will cost \$5 each.
2. 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.

3. Spouses and children of FTCC full-time employees and board members may pay a single fee of \$25 per semester (fall, spring, and summer).
4. Membership and usage fees can be paid to the SLC or Fayetteville campus cashier and will be deposited in an account to support/benefit the Fitness Centers.

### **C. Waiver of Liability:**

Members must release FTCC from any liability for any injuries they suffer as a result of their use of the Fitness Center. The waiver of liability must be signed prior to becoming a member of the Fitness Center.

### **D. Proper Attire:**

Proper attire must be worn at all times. This includes:

- Full T-shirts with sleeves and appropriate work-out shorts/pants.
- Soft-soled tennis shoes/sneakers.
- No plastic or rubberized suits; No street clothes (jeans, boots, heels, etc.).
- No clothing with zippers, buckles or buttons.

### **E. Fitness Center Usage and Requirements:**

1. Workout towels are required for machine usage. We do not supply towels. Therefore, it is your responsibility to bring your own. Please bring a towel to wipe off pads and seats after each exercise.
2. No day care facilities are provided. Children will not be allowed inside the gym or fitness area unless they are members.
3. Day lockers are provided for your use while in the fitness center. Bring your own lock to secure your belongings during your workout. All personal belongings must be removed from the locker when you leave. Shower facilities are available; towels are to be provided by individual members.
4. No food or drinks (other than water) are allowed in the FTCC Fitness Center. You may bring a capped water bottle to avoid spillage. Water fountains are located in the gym lobby.

## **F. Workout Information:**

1. Each workout should be preceded by a 5-minute warm up time and followed by a 5-minute cool down period to bring the heart rate under 120 beats per minute.
2. The circuit should be used in order, as instructed during orientation.
3. Single set workouts are recommended by the FTCC Fitness Center staff to alleviate congestion and increase cardiovascular fitness.
4. Multiple set workouts will be allowed only during low usage times. Multiple set workout members must vacate machines if needed by single set workout members.
5. If you desire, your workout card can be evaluated by the FTCC Fitness Center staff.
6. Music is provided by the FTCC Fitness Center. Portable listening devices are allowed, if headphones are used.
7. FTCC employees who are registered/paid Fitness Center members are allowed access to the Fitness Center when certified personnel are on duty. Due to the possibility of sudden illness, injury, and death which can occur when using exercise equipment, it is for your safety that this policy has been put in place. When the College is closed for holidays and scheduled breaks, the Fitness Center will be closed.

## **G. Hours of Operation:**

FTCC Fitness Center hours will vary and be posted each semester once physical education classes have been scheduled.

**THE FTCC FITNESS CENTER RESERVES THE RIGHT TO DENY ANYONE ADMITTANCE BASED ON NEGLIGENCE OF THE ABOVE POLICIES AND PROCEDURES.**