

Kellogg Biological Station Fitness Room Rules

- 1. Access:** No more than **four** people should be using the fitness room at one time. The fitness room is for students and KBS staff. Conference Center guests should not have access to the fitness room. The fitness room hours are **6 AM – 10 PM**.
- 2. Clothing:** Wear proper attire at all times--T-shirts, sweats or shorts, and closed toed shoes. No open-toed shoes or bathing suits are permitted.
- 3. No Food or Drink:** Food, gum, glass bottles, cups and open drinks are prohibited in the fitness room or the bathroom. Closed, plastic water containers are allowed.
- 4. Cleanliness:** Please be considerate of other customers, bring a towel and wipe down equipment after each use.
- 5. Care of Equipment:** Replace your weights. Equipment is not to be left on the machines or on the floor. Do not lean weights on machines or walls. Dropping/slamming weights is prohibited!
- 6. Workout time:** Equipment use is limited to **20 minutes** when people are waiting.
- 7. Safety:** All weight training should be performed in a controlled, safe manner. Use extreme caution when lifting weights to avoid injury to yourself and others. Do not attempt to use equipment if you are unfamiliar with its proper use.
- 8. Risk:** The fitness room is not supervised and **you are exercising at your own risk**. Consult a physician before starting a new exercise program.
- 9. Problems?** There is a telephone in the Fitness Room for emergencies. Please report any equipment or maintenance problems to the Conference Center front desk. **269-671-2400**.
- 10. Use Earphones:** Personal music devices are permitted only with the use of earphones.
- 11. Bathroom:** You may use the unisex shower room at your own risk! ☺ Best to lock the door so as not to be interrupted by a member of the opposite sex. You must provide your own towels and toiletries, and any personal items left in the bathroom will be discarded by the cleaning crew.
- 12. Videos and fitness mats:** The videos and other light fitness equipment are to be left in the fitness room. Please be considerate of all the users of this equipment and use it with care so it lasts a long time and we can continue to offer this service.
- 13. Accidents:** All accidents and injuries shall be documented with copies of the accident report turned in to the Conference Center front desk. The documentation should be completed by a fitness room user or KBS staff person. The forms are kept in the cabinet drawer under the TV.