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Student Recreation Center Fitness Center Policies

1. Participants exercise at their own risk. Individuals are responsible for their own health and safety.
2. No cut-off shirts showing midriff or midsection exposing the rib cage, jeans or shorts/pants with zippers and/or buttons are permitted. Only full t-shirts, athletic shorts/pants and appropriate athletic tank tops.
3. No sandals, open-toed shoes, boots or slides. Full athletic footwear must be worn.
4. Belts are not allowed (this does not include weight lifting belts).
5. Towels are required for personal hygiene and equipment cleanliness. Please also use the provided gym wipes to clean equipment after use.
 - x If you forget your towel, you can purchase a towel contract for \$10.00 per semester
6. No bags are allowed in the upstairs weight room or track area. Please use the free day lockers provided on the first floor. If you are interested in renting a locker for the semester or year, please see the Front Desk about locker contract options.
7. Keep hands and feet clear of moving parts while machine is in use. Place hands and feet only on the handgrips and footpads provided. Please use machines and equipment only for their intended purpose.
8. Do not operate equipment if it has loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Notify an SRC employee of the problem immediately.
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Student Recreation Center Functional Training Room Policies

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Student Recreation Center Aerobics/ Group Fitness Room Policies

1. Members must wear proper attire. No cutoff shirts, flip flops, open toed, tap, or heeled shoes are permitted.
2. No one is allowed in the aerobics room while a class is in session unless they are participating in the class.
3. Members must check in with the front desk before using the aerobics room when classes are not in session. To reserve the aerobics room for an event, please make a request through the online reservation system (R25) at least 2 weeks in advance.
4. Individuals using the aerobics room must keep the blinds open at all

Student Recreation Center Pool Policies

It is the responsibility of all persons using the pool to familiarize themselves with and abide by the rules and policies established for this facility. All general facility rules apply to the natatorium, in addition to the following:

Lifeguards on duty must be obeyed at all times and under all conditions.

1. No one is allowed to swim or have access to the pool area or patio unless the pool is officially opened and a Valdosta State University appointed Lifeguard is on duty.
2. Only swim suits and t-shirts are permitted in the pool. No jeans, cut-offs, or other clothing allowed. The on-duty Lifeguard will determine whether (14.1 (w)-36 (i)-17.9 (u)-18.1 (a)-1g-20 (s)9)