

LLC Rules and Regulations for the Student Fitness Center

1. Anyone currently attending or working at Lake Land College is welcome to use the Student Fitness Center during operating hours only. The facility is also available for retirees. The SFC can be used as walk-in or for a credit class. The center cannot be used on weekends or any time other than posted. No students, faculty, staff or retirees will be permitted to use the center when it is closed. The SFC link is located on the college homepage under Offices & Services, Campus Life.

2. Upon entering the Student Fitness Center you will need the following to be admitted:
 1. A valid Lake Land College ID card which you will swipe in/out per visit.
 2. Proper fitness attire and tennis shoes are required by everyone. The following are not permitted: sport bras, street clothes, jeans, flip flops, street shoes, etc. The mid-section should be covered and shorts a decent length.
 3. It is recommended to bring a towel for your personal use. Wipe down the equipment and handles after each use with a disinfectant wipe, not your towel.
 4. Use of any electronic device during a workout is not recommended.
 5. Contact the SFC staff for emergencies.

3. Important information for those who have enrolled in PED 209 or PED 210:
 1. Sign-up for a mandatory orientation which will last approximately 1/2 hour. If you have previously gone through orientation, tell the staff and you may begin.
 2. The student should contact the instructor to schedule an appointment within the first week of signing up for the class to avoid being dropped from the course. The student must work out on a regular basis. If the student has not been actively pursuing the course they will be withdrawn from the course.
 3. Check-in/out procedures:
 - Prior to logging in make sure you are in workout attire.
 - Swipe LLC ID or type in ID number at the counter to begin.
 - You must be physically active in the SFC for your minutes to count.
 - When leaving the SFC be sure to swipe out to ensure the validity of the workout.

*If a student logs in and leaves the SFC without logging out the staff will delete the workout. The student may not log in under a different name. If this behavior continues the student will be dropped from the course and could be written up for an academic integrity violation.

4. The students working out for credit must complete a minimum of 1500 minutes (25 hours) for an "A", 1350 minutes (22 1/2 hours) for pass/fail.

<u>Grade/PED 209</u>		<u>Pass/Fail/PED 210</u>		<u>Summer/Grade</u>		<u>Pass/Fail</u>
1500 m=25 hrs.	A	1350m=22hrs.30min		1000m=16hrs.40min.	A	905 P/F
1425 m=23hrs.45min	B			955m=15hrs.55min.	B	15hrs.5min.
1350m=22hrs.30min	C			905m=15hrs.5min.	C	
1275m=21hrs.15min.	D			855m=14hrs.55min.	D	
1274m=21hrs.14min.	F					

The student may work out twice a day. All workouts must take place in the Student Fitness Center. Workouts from other Fitness Centers will not count. Each workout must be minimum

of 30 continuous minutes to count and no more than 120 minutes a day. If the student is taking more than one credit, they must complete one class at a time. The following are recommended: Incorporate a proper aerobic warm-up and cool down stretches at the end of each workout.

5. The student must be actively pursuing the completion of the course and be in regular attendance. If a student is unable to attain the desired number of minutes or grade, they need to follow the proper procedures to drop the course. If the student has not logged any minutes the first week of the class they will be dropped from the course. Each student should have half of their minutes completed by mid-term. The student will have until the last class day of the semester to complete their minutes. There are extra days built into the semester where a student could come and workout when there are no scheduled classes. There are no make-up days due to inclement weather should the college be closed. There are no incompletes given for this course.

6. Storage space is available in the Fitness Center. Each person is responsible for any belongings left there. Locker rooms are provided to store books and change clothes etc. Tall red lockers are reserved for athletes. Each student will provide their own lock and will empty the locker at the end of the spring semester and remove the lock. Very important to empty locker contents so maintenance can clean and sanitize the lockers. Any remaining contents will be disposed and not able to retrieve.

7. No children are allowed on the main floor of the SFC. Please refrain from bringing the following into the SFC: pop, food, glass containers etc. Water is permitted.

8. The Fitness Center staff has the authority to dismiss a person if they are not pursuing a workout according to the rules and regulations. A person should only enter the facility if they are going to exercise. Entering the SFC to socialize is prohibited. Failure to comply will result in a BIT form sent to the Vice President.

9. Each person is recommended to check with their doctor before starting an exercise regimen. Everyone must respect the environment and others while working out to avoid the risk of injury. When using the free weight room lift with a partner and remember to use safety guidelines throughout the Fitness Center. Everyone is encouraged to eat before working out and stay hydrated. If you feel ill at any time during your workout stop immediately and contact the staff.

10. All participants must understand and abide by the academic integrity policy and behave in a manner conducive with the college handbook. The staff will provide a clean and safe environment. All users of the SFC are responsible for their own workout programs. The staff can recommend and give helpful information but they are not liable for how that information is interpreted or used by the participant. Should any problems or issues arise please notify the instructor, Cathy L. Bunton at FH#015, ext. 5361, SFC staff, ext. 5339 or contact Nic Nelson at FH #016, ext. 5332. Thank you for your cooperation.

11. Student Fitness Center Hours and Phone Number: **234-5339**

***Monday-Thursday 7:00am-7:00pm *Hours are subject to change.**

The last workout must be started by 6:15pm.

***Friday 7:00am-5:00pm**

The last workout must be started by 4:15pm

Summer Hours:

Monday-Thursday 6:30am-5:00pm

***The Student Fitness Center is under 24 hour surveillance.**