



Fitness Center Policies

All prospective VLGS Fitness Center (“FC”) members are required to read the FC policies before becoming members. Inquiries, requests, and concerns about the FC should be addressed to the fitness center manager, Courtney Potter (cpotter@vermontlaw.edu).

Access and use of the VLGS FC is a privilege. Vermont Law and Graduate School reserves the right to exclude or deny access to the VLGS FC or revoke membership to anyone at any time for any legal nondiscriminatory reason.

GENERAL CONDUCT POLICY

The VLGS FC Conduct Policy has been adopted to protect all users' right of access to the facility, to ensure health, peace, and safety of all guests, and to protect resources from damage.

The following conduct or behavior is not permitted at any time within the VLGS FC:

1. Disorderly behavior of any kind, including excessive noise or otherwise causing a disruption to the peace and order of the VLGS FC.
2. Vandalizing or defacing materials or property including equipment, furniture, walls, or any other aspect of the VLGS FC.
3. Removing materials, equipment, or property from the building without authorization.
4. Use of a camera phone in any of the locker room areas.
5. Indecent exposure, voyeurism, exhibitionism, or other lewd and lascivious acts.
6. Bringing firearms or any other deadly weapons into the VLGS FC.
7. Harassment of other VLGS FC guests or staff, either verbally or physically. This may include verbal abuse, use of profanity or other abusive language, intimidation, including staring at or following another person within the facility, sexual harassment, or harassment on the account of race, religion, ethnic background, gender, or sexual orientation.
8. Bringing a bicycle into the facility. All bicycles must be secured at the racks provided next to the VLGS FC.
9. Use of skateboards, in-line skates, roller skates, scooters, or other sports equipment within the facility.
10. Sleeping in the FC.
11. Failure to clean up after oneself after using any part of the facility. This includes re-racking weights when finishing a set in the free weight area and wiping down the cardio equipment after use.
12. Smoking or use of tobacco products.

13. Possessing or consuming alcohol or illegal drugs or being under the influence of alcohol or illegal drugs.
14. Selling products or services or approaching guests for the purpose of obtaining signatures for petitions within the building.
15. Posting or distributing unauthorized material or literature. Approval must be obtained in advance from the Facilities Manager.
16. Using a cellular telephone, audible pager, audio equipment, audio-visual equipment, or computer equipment so that it disturbs others.
17. Abandonment of adults who are unable to take care of themselves or children between the age of 16 and 18. A responsible adult (18 or older) must always attend to children between the age of 16 and 18 when in the FC.
18. Leaving personal property in the FC unattended or overnight. All property must be stored in a locker when using the FC. Lockers inside the locker rooms are day use only.
19. Attempting to illegally or improperly use a Proximity Card to gain access to the facility, including allowing another person to use the Proximity Card to gain access to the FC, or not properly registering guests. VLGS FC access will not be granted until any fine amounts are paid in full.

Dress Code

No street shoes, boots, black-soled or opened-toe shoes, non-athletic shoes, sandals, dress shoes or flip flops allowed in exercise areas. Pants or shorts must be worn at all times.

Children

Participants must be 16 years old or older to use the FC. Children between the age of 16 and 18 must be always accompanied and supervised by an adult FC member. If a person is taking a tour and a child under the age of 16 accompanies the adult on the tour, s/he must always remain within arm's length of the adult and under control. Children under the age of 16 are not allowed on or to use any equipment or machines in the FC.

Music and Listening Devices

Participants may only use personal listening devices; Bluetooth or any other variety of speakers are not allowed.

Food and Beverages

No food is allowed in the VLGS FC. Beverages must be in a closed container at all times.

Personal Trainers

Currently, the VLGS FC does not provide the services of certified Personal Trainers. Soliciting for personal training sessions or using the VLGS FC as a personal trainer's home base is prohibited.

FREE WEIGHT, WEIGHT MACHINES AND CARDIO AREA POLICIES

Use of Dumbbells and Weights

Do not drop dumbbells or other free weight equipment at any time as this can damage the flooring and equipment. All dumbbells and weights must be re-racked after use to keep the room neat and orderly and to decrease the possibility of injury.

Olympic Bars

Olympic bars only can be used within the squat rack and bench press equipment area. Taking the bars out of the rack is dangerous and unnecessary. Patrons should use the preset barbells if they want to use a bar.

Using the squat rack for a decline bench is permitted as long as the equipment is set up properly.

Weight Gloves

Weight gloves are permitted, but chalk is prohibited because it leaves residue on the equipment and is very messy.

Spotters

Spotters are strongly recommended for all free weight exercises to decrease the chance of injury during the lift. If a person knows they are attempting a “max” lift, they should inform the spotter and more than one person should be there to ensure the safety of all individuals.

Equipment

Use all equipment must be used in the manner for which it is designed to avoid injury to the participant and others in the area, and/or damage to the equipment.

Cardiovascular machine use is limited to 30 consecutive minutes when others are waiting/when there is a waiting list to give everyone a chance to use the equipment.

Dress Code

T-shirts or full backed athletic tops must be worn at all times when using the equipment with benches and/or the free benches.

Other Policies

All policies regarding the FC also apply to the free weight and cardio area.

GROUP EXERCISE POLICIES

Footwear

Proper footwear is required during fitness classes. Proper footwear includes athletic supportive shoes only. Bare feet, ballet shoes, sandals, and socks only are prohibited for health and safety reasons.

Fitness Classes

Fitness classes are available on a first-come, first-served basis. Attending fitness classes from start to finish is strongly recommended.

Other Policies

All policies regarding the FC also apply to the group exercise area.

Violations

Violations of any of the above policies will result in corrective action ranging from verbal warnings to financial penalties to temporary or permanent ejection from the VLGS FC. Failure to comply with a policy after being notified by a staff member may result in the summoning of South Royalton Police and prosecution in accordance with the law.

LOCKER POLICY

Lockers at the Fitness Center will be available for both assigned and daily use. All users of assigned lockers must sign a Locker Agreement.

Lockers are to be used for legitimate Fitness Center use only.

Vermont Law School is not responsible for lost, stolen, or damaged personal property. Vermont Law and Graduate School is not responsible for items left in unsecured lockers, inappropriate Fitness Center items removed from lockers, or items left in lockers beyond the assigned period.

All lockers are property of Vermont Law and Graduate School, and a fee may be assessed for locker damage caused by inappropriate use, negligence, or abuse.

Assigned Lockers

Lockers 1-18 (Men's and Women's)

- Assigned lockers will be available on a first come, first served basis during the summer semester (mid-May through mid-August) and again during the regular academic year (mid-August through mid-May).
- To give all members an opportunity for an assigned locker, all lockers will be reassigned in the summer semester and again during the academic year.
- Assigned lockers for the summer semester will be available for reassignment on the first day of classes for the Summer Semester. They must be emptied, and locks removed by the Friday before Orientation in August.
- Assigned lockers will be available for reassignment during the academic year on the first day of classes of the Fall Semester. They must be emptied, and locks removed by the date of Commencement in the Spring Semester.

Day Use Lockers

Lockers 18 – 36 (Men’s and Women’s)

- Day user lockers will be available year-round. Vermont Law School prohibits personal locks on day use lockers.
- Day use lockers must be emptied by 10 p.m. each day.
- If day use lockers are not emptied by 10 p.m. each day, Fitness Center staff will remove all items in the lockers and keep items for five (5) days. After five (5) days, all such locker contents will be donated to the thrift store or charity or thrown away.

Cubbies

The Fitness Center offers members several cubby spaces outside the locker rooms. Cubby spaces are for day use only. Members may not leave their belongings in cubbies overnight. Contents left in cubbies for more than 24 hours will be removed by Fitness Center Staff and kept for 5 days. After 5 days, all unclaimed cubby contents will be donated to the thrift shore or charity or thrown away.

VLGS Fitness Center Tips and Recommendations:

Please consult with your physician prior to beginning an exercise program. Prior to using the equipment, read the instructions for that equipment. Never work out alone. Stop exercising as soon as you feel any pain, dizziness, shortness of breath or discomfort and immediately consult your physician.

The proper warm up, aerobic phase and cool down is very important to decrease risk for injury. If you must leave a class early, please make sure you cool down and stretch all the major muscle groups.