

# Physiology of Fitness - Fitness Centre Rules & Regulations

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- Upon arrival at the Fitness Centre, you will scan in at the Seneca Kiosk with your SENECA ONECARD. Physical or virtual OneCard accepted.
- Students' attendance and visit to the Fitness Centre will be recorded by the course instructor.
- Knapsacks, bags and personal belongings are not permitted in the Fitness Centre. Temporary/day use lockers are available outside the Fitness Centre or in a changeroom. Users must provide their own lock and remove their belongings after their workout. Overnight use is not permitted, and locks will be cut accordingly.
- Fitness apparel considered safe for use in the Fitness Centre include: • T-shirts and tank tops • Track pants and leggings • Fitness/athletic shorts • Running shoes/sneakers • Loose clothing or head pieces must be tucked in and free from any moving pieces of equipment When using the Fitness Centre, patrons should not use: • Footwear that poses a risk to self or may damage the facility; this includes but is not limited to open toed shoes, heeled boots, dress shoes and marking soles • Bare or socked feet • Clothing with embellishments that may catch in equipment or damage upholstery (i.e. exposed zippers, button/studs • Denim jeans, dress pants, chinos etc.
- Towel service for personal use is not available. Users may bring their own towel to wipe sweat from their body. Only cleaning towels provided.
- After each use, users will clean equipment using provided supplies ensuring all touch points have been addressed.
- The water fountain drink spout and fill portion will be available. Users are encouraged to bring their own water bottles.
- Users will use spotter when necessary.
- Users will comply with any equipment or facility capacity limitations.
- Users must maintain their personal hygiene (wearing clean clothes and deodorant during exercise).
- Return all weights and all equipment to their proper location after use.
- Do not drop or slam weights.
- No food or beverages besides water permitted in the workout areas.

- The Fitness Centre is not responsible for any lost, stolen or damaged personal belongings.
- No abusive, rude or provocative language, attitudes or actions. Respect members' rights to a safe, encouraging and welcoming training environment.
- Respect members' rights to a focused training environment. Please make phone calls outside of the Fitness Centre. When listening to personal music you use headphones.
- No Alcohol or Banned/Illegal Substances.
- Anyone exhibiting signs of impairment will be denied entry.
- Athletics & Recreation staff have the authority to remove patrons or suspend use, including up to full cancellation of use for breach of rules and regulations and College codes of conduct.