



## **ACG FITNESS RULES AND REGULATIONS**

### ➤ **MEMBERSHIP**

1. Membership is personal, non-refundable and not transferable.
2. Members under the age of 18 may register in the ACG FITNESS program under the following regulations and age restrictions:
  - Age 6-12 years: Direct parental supervision is required.  
Not permitted in the Fitness Center and Saunas.
  - Age 13-18 years: Permitted in all areas under parental supervision.
3. Children of Full members under the age of 18 are only permitted on designated Children Days, accompanied and supervised at all times by their parents/guardians.
4. Guests may use the ACG Athletic Facilities if accompanied by an ACG FITNESS member and have paid the Guest Fee. The Member sponsoring the Guest is responsible for him/her while using the ACG facilities.
5. Members and Guests should carry their Membership Card/Guest Pass at all times when using the facilities.
6. Members are required to sign in for each visit at designated areas.
7. Vehicle entrance to the College is allowed with an ACG Fitness parking sticker only. There is Parking availability M-F 16:30-22:00, Sat & Sun during hours of operation.
8. All members should strictly follow instructions from the security personnel on duty at the main gate.
9. Maximum speed is 20km. Please drive carefully.
10. Lost membership cards must be replaced at the expense of the member (10€).
11. Only ACG Fitness personnel are allowed to provide instructional services and advice.
12. Pets, bicycles, and scooters are not allowed anywhere in the Athletic Facilities or on the patio.
13. Smoking, gum chewing, drinking alcohol and chewing tobacco are not permitted in the Athletic Facilities.
14. Any formal problems, questions, or concerns regarding ACG Fitness should be submitted via e-mail to [acgfitness@acg.edu](mailto:acgfitness@acg.edu). Please clearly indicate the issue being addressed, and be sure to include your name and phone number. All e-mails will be carefully reviewed.
15. The DEREЕ College Athletic Club reserves the right to review and change the Rules and Regulations at their discretion.

### ➤ **BEHAVIOR**

1. Disrupting or interfering with the workout of another member is not allowed. Respect the rights of others by using courteous and appropriate behavior. Profanity is not allowed.
2. Except for capped water bottles, eating or drinking is prohibited at all Athletic Facilities, on the Stands, and in the Locker rooms.

3. Smoking and chewing gum are prohibited when using the Athletic Facilities.
4. The use of photographic equipment to take pictures of any person using the athletic facilities or auxiliary rooms without that person's permission is prohibited.
5. All participants are to comply with ACG Fitness staff directives regarding enforcement of policies related to safety, programming, exercise techniques and policies.

➤ **LOCKER ROOMS**

Lockers are available for all participants based on availability and under the following guidelines:

1. Provide your own lock.
2. The DEREЕ College Athletic Club is not responsible for stolen, lost or damaged personal property.
3. Lockers are for daily use and the College reserves the right to remove any lock and confiscate any property left in a locker without notice.
4. Locker-room closing time is fifteen (15) minutes after facility closing. All locks must be removed and lockers must be emptied by that time.
5. All lockers are the property of ACG
6. ACG staff reserves the right to check lockers for unreturned equipment and known safety issues. Patrons will be notified should this occur.

Helpful Hints for **Sauna** Use

1. Shower before entering the sauna.
2. Any persons with open sores, bandaged wounds or any skin or communicable disease is prohibited from using the sauna. If you have a bandage on a minor cut, dispose of it before entering the sauna.
3. No children under the age of 18 are allowed use of the sauna.
4. The use of oils and body lotions is prohibited.
5. Users must sit or lie on towels.

➤ **FACILITIES**

Use of the **Fitness Center** equipment is under the following guidelines:

1. Appropriate athletic apparel and shoes (with non-marking soles) are required.
2. During busy times or whenever someone is waiting for a machine, observe the 30-minute time limit on all cardiovascular equipment.
3. Members are required to provide their own towels for both personal hygiene and the hygiene of others.
4. Members are required to use their towels to wipe down all equipment after each use.
5. Spotter must be present when bench pressing.
6. Personal training other than that which is scheduled through the Athletics Office is prohibited.
7. Individuals are responsible for checking equipment prior to each use. Please report immediately to ACG Fitness staff any damaged or malfunctioning equipment.
8. All dumbbells, weights and weight plates must be re-racked after use.
9. Intentionally slamming or dropping weights is prohibited.
10. The use of cell phones is prohibited.

Use of the **Swimming Pool** is under the following guidelines:

1. A shower is required before entering the pool.
2. Persons with open sores or any infections are not permitted in the pool area.

3. No band-aids.
4. No smoking, eating, drinking or gum chewing in the pool area.
5. No running or pushing on the decks or in the locker rooms.
6. No dunking, splashing, jumping off shoulders or other horseplay.
7. Glass bottles or containers are not to be used in the dressing rooms or pool area.
8. Do not hang on life lines or racing lines.
9. Do not talk to lifeguards on duty unless in an emergency.
10. Persons in street clothes are not allowed on the pool deck.
11. Appropriate bathing suits must be worn.
12. No artificial floating devices (bubbles, backboards, etc.) are allowed in the pool except during specific programs.
13. All pool users must wear bathing caps.
14. Positively no swimming if a lifeguard is not on duty.

Use of the **Soccer field** is under the following guidelines:

1. Only shoes with plastic cleats are allowed on the soccer pitch.
2. Only sneakers or track shoes allowed on the track.
3. Appropriate exercise attire is required at all times.
4. No food or drinks; fluid replacements in plastic containers are allowed.
5. No chewing gum or tobacco products.
6. Please place all trash in the appropriate receptacles.
7. Use only under authorized supervision.
8. Non-sport/activity participants must remain in the stands or outside the fence.
9. Use of facility is at own risk.

Use of the **DEREE Gym** is under the following guidelines:

1. Proper conduct and good sportsmanship are expected at all times.
2. Appropriate exercise attire and shoes (with non-marking soles) are required at all times.
3. Grabbing or hanging on the net or rim is prohibited.
4. Personal belongings must be kept in a locker.
5. Food, chewing gum and drinks are prohibited. Water must be in taped bottle or in unbreakable container.

Use of the **Climbing wall** is under the following guidelines:

1. Climbers must check in with the ACG FITNESS staff before using the climbing wall.
2. All climbers must pass a belay qualification test prior to rope climbing.
3. Climbing is only permitted during open wall hours with Climbing wall staff supervision.
4. Only certified equipment is allowed to be used.
5. No barefoot climbing.

Use of the **Tennis courts** is under the following guidelines:

1. Only sneakers or tennis shoes allowed on the courts.
2. Appropriate exercise attire.
3. No food or drinks. Only fluid replacements in plastic containers are allowed.
4. No chewing gum or tobacco products.
5. Please place all trash in the appropriate receptacles.
6. Non-sport/activity participants must remain in the stands or outside the fence.
7. Use of facility is at own risk.

#### ➤ **REQUISITE PAPERWORK**

1. All members must submit a doctor's certificate by a Pathologist or Cardiologist that verifies **you are healthy and fit to exercise without restriction.**
2. To use the swimming pool, in addition to the certification above, the physician should **certify that you do not suffer from any skin diseases.**

3. All members and guests must sign a waiver that absolves the College, the DEREЕ College Athletic Club, and ACG Fitness personnel from liability claims in case of injury or death.

➤ **Please note that Monday – Friday from 09:00 – 17:00 priority is given to College activities.**

**Any member registering for the ACG FITNESS program fully acknowledges that priority is given to College activities and all programs and activities follow the College calendar.**

➤ **If any member violates any rule or regulation or behaves in an inappropriate way they will be subject to the following procedure:**

**a. Verbal warning.**

**b. Written warning.**

**c. Third offense will result in the membership being revoked without refund.**

Member’s name: .....

Member’s signature: .....

Date: .... / .... / .....