FITNESS CENTER POLICIES UPDATED: AUGUST 24, 2021

1. Currently enrolled Bristol Community College students, staff, faculty and alumni in good standing are eligible to use the Fitness Center.
2. **Face masks are required indoors.**
3. Proper athletic attire is required.
4. Must have your Bristol ID card and swipe in at the Information desk.
5. All participants must review and sign new post COVID-19 rules and regulations.
6. Lockers are not available for use. May use locker rooms to change but must keep your belongings in a bag with you.
7. Must always maintain a 6ft distance from other participants.
8. **All** equipment must be wiped down before and after use with disposable gym wipes provided by the Bristol Fitness Center.
9. Workout is limited to 50 minutes.
10. For individual weight training stations: circuit training is not allowed. Must complete all sets on one piece, then wipe down equipment before moving to the next station. Limit of 3 sets per station.
11. For Cybex and Hoist functional trainer cable stations: limited to one person at a time. All attachments must be cleaned before and after use.
12. Upper and lower-level dumbbells must be cleaned by the user with gym wipes before re-racked.
13. Sports equipment, basketballs, soccer balls, tennis equipment, jump ropes and foam rollers must be put in a “used” bin to be cleaned before the next use.
14. No use of Bristol fitness center mats, or resistance bands. Participants may bring their own mats and other workout items for personal use, with permission from the fitness center coordinator.
15. Use of the fitness center is a privilege, not a right. Anyone that does not comply with these or other posted rules shall be subject to immediate removal from the center, loss of privileges and/or disciplinary action up to and including expulsion.