

## FREQUENTLY ASKED QUESTIONS FOR THE USE OF ATHLETIC FACILITIES -- (Updated 9/30/22)

1. **Who is allowed to use the Fitness Center?** Students, faculty, staff and alums who have a Camel ID are permitted to utilize our athletic facilities.
2. Eligible users must show a Camel ID to enter the building.
3. **What will happen if I don't bring my Camel ID?** You will not be able to enter the building unless you present proper Connecticut College identification. Connect with the Camel Card office to obtain your ID.
4. **What are the hours of operation?** A live link to our schedule is here: [Athletic Center Hours](#).
5. **What type of equipment will be available?** The Fitness Center will hold all of our cardio equipment and weight assisted machines. This includes ellipticals, treadmills, bikes, steppers and ergs as well as weight assisted machines located on the second level. Weight training equipment (dumbbells, plyo boxes, med balls), olympic platforms and bench/squat racks are also available.
6. **What spaces are open to use?** The entire Athletic Center is open for use.
7. **Is the Varsity Strength room open?** Yes, this space is open for organized and monitored varsity team lifts through our amazing strength and conditioning staff.
8. **Will water fountains be available?** You will need to bring your own water bottle as the water fountains will only be available for filling up containers. Drinking directly from the water fountains remains prohibited.