

RULES OF USE AND STANDARDS OF CONDUCT

These rules of use and standards of conduct are designed to make Occidental College ("College") athletic facilities a safe and enjoyable place for all. Any violation of these rules and standards may result in suspension and/or termination of your athletic facility privileges/membership

ALL ATHLETIC FACILITIES

1. You must be a current Occidental College student or employee, or have an active community pass to access athletic facilities. Everyone must use their college issued ID to access the athletic facilities.
2. By utilizing the College's athletic facilities, you certify that you are healthy and that your physical condition allows you to exercise. If you experience any physical symptoms such as abnormal or sudden blood pressure changes, fainting, dizziness, irregular heartbeat or any other unusual physical symptoms while exercising, stop immediately and consult with your doctor without delay. **ALWAYS CONSULT WITH YOUR DOCTOR BEFORE STARTING ANY EXERCISE PROGRAM. YOU SHOULD NEVER DISREGARD MEDICAL ADVICE.** If you have any healthcare-related questions, consult with your doctor.
3. Do not use the gym if you are feeling unwell, have any symptoms of infection or contagious illnesses, or have open cuts or sores.
4. Treat everyone, including staff, with respect. Use appropriate language; avoid offensive or inappropriate comments. Harassment, intimidation, or any form of disrespectful behavior will not be tolerated.
5. Follow staff instructions and requests promptly.
6. Report any suspicious activity or behavior to staff.
7. Exercising and using the College's athletic facilities may involve risk of injury: you use the facilities and equipment at your own risk.
8. No food (including gum) or beverages may be consumed in athletic facilities except for bottled water or sports drinks in non glass containers with a lid. Stay hydrated by bringing your own water bottle and using the water stations to refill.
9. Tobacco, smoking, vaping, drugs or illegal substances of any kind are not permitted in athletic facilities.
10. Pets are not permitted in athletic facilities except for service dogs, as required by law.
11. Store personal items in designated areas only. The College is not responsible for personal property that is lost, stolen or damaged. Do not leave items in lockers overnight.
12. All athletic facility hours are subject to change, and open use will be superseded by varsity practices/competitions, and other scheduled College events. Access to general locker rooms may be limited during closures for College events.
13. Familiarize yourself with emergency exits and procedures. In case of an emergency, follow staff instructions.
14. Use amenities, including locker rooms and showers, considerately. Keep locker rooms, showers, and restrooms clean.
15. Respect the facilities: refrain from defacing or damaging any part of the facility.
16. Do not prop doors!

FITNESS CENTER

1. Appropriate gym attire must be worn inside the fitness center at all times, including a shirt, shorts or pants, and closed-toe shoes. Refrain from wearing clothing with offensive images or language.
2. Personal items such as gym bags or backpacks should be stored in the provided storage cubbies and not on the fitness center floor. The floor must be kept clear of bags, jackets, and other personal items.
3. Portable music devices, including cell phones, may be used with headphones only. Avoid loud conversations or noises that might disturb others. Refrain from phone conversations in workout areas.
4. Respect others' privacy; ask for consent before taking photos or videos. No photographs or videos are allowed in locker rooms, showers, or restrooms.
5. Avoid monopolizing machines or equipment; limit your time on popular equipment, especially during peak hours, to allow others to use them as well. Allow others to "work in" between sets whenever possible.
6. Equipment must be wiped down after every use; disinfectant wipes and paper towels are provided. Promptly dispose of all trash in the proper receptacles.
7. Return all equipment to its proper place after use.
8. Follow all safety instructions and use equipment only as intended. Follow proper exercise techniques to prevent injuries: If you are unsure about how to use something, please ask a staff member for assistance. Report any unsafe conditions to staff immediately.
9. Equipment must be handled with care: DO NOT drop weights on the floor. Any abuse may result in loss of athletic facility privileges.
10. Equipment damage or malfunctions should be reported to the athletic facility monitor at the check-in desk in the main athletics hallway.
11. No equipment is to be taken out of the fitness center.

DE MANDEL AQUATICS CENTER

1. No one is allowed in the aquatics facility unless the pool is officially open and a lifeguard is stationed at the guard stand.
2. Lifeguards have authority to enforce all pool rules.
3. Pool users must wear swimming suits, swimming trunks or other appropriate swim attire upon entry into the water.
4. Children under 13 entering the pool complex must be accompanied and actively supervised at poolside by a responsible adult, 18 years old or older. Children (5) five years and under need to have a responsible adult, 18 years old or older in the water with them at all times.
5. Running, boisterous/rough play, pushing, dunking, wrestling, splashing, or other improper behaviors are prohibited.
6. Spitting, spouting of water, blowing nose or urinating in the pool is prohibited.
7. Any adult or child who is experiencing even a mild case of diarrhea may not use the pool.
8. Anyone who is not toilet-trained and/or incontinent who wishes to enter the water must wear clean, disposable swim pants covered by a separate outer swim diaper covering that fits snugly around the legs and waist.
9. Water polo activity is allowed during open swim in the 13' depth area of the pool only.

10. Lanes for lap swim are available on a first come, first serve basis.
11. Pool furniture may not be moved out of the recreational pool (circle) area.
12. Any injury occurring in the pool area must be immediately reported to a lifeguard on duty.

MCKINNON FAMILY TENNIS CENTER

1. Proper court shoes must be worn at all times for player and court safety.
2. Do not adjust the height of the nets for any reason.
3. Adding permanent markings on the court surface is prohibited; painter's tape may be used with discretion, but must be immediately removed before leaving the tennis center.