Personal Use of EXSS Activity Spaces

Prior to using any of the EXSS activity spaces that are approved for use for personal workouts, the following policies must be read and a signed acknowledgment and waiver form must be filed in the Department office. For the purpose of this document, “personal workout” refers to individual workout sessions outside of the supervision of a class or program. With any physical activity there is a risk of injury. The College of Health and Human Sciences, Department of EXSS, and the room facilitator are not responsible for injury or loss of personal belongings while using this facility.

Usage

- EXSS faculty, staff, GTAs, GRAs, and Emeritus are eligible to use specified facilities (see below) for personal workouts with the approval of the respective facilitators (see below).

  Approved Rooms and (Facilitator):

  Langton Weight Room 06 (Maddalozzo)
  Langton Aerobic Machine Room 013 (Asbell)
  Langton 028 and all golf facilities (Asbell)
  Langton Aerobic Room 200 (Asbell)
  Langton Gymnasium 300 (Asbell)
  Women’s Building 09 (Asbell)
  Women’s Building Gymnasium 112 (Asbell)
  Women’s Building Social Dance Room 116 (Dark)
  Women’s Building Artistic Dance Room 118 (Soleau)
  Women’s Building Yoga Room 204 (Asbell)

  Off-limits rooms at all times:

  Langton Gymnastics room
  Langton pool
  Women’s Building pool

- Personal use of EXSS facilities can occur only when the facility is not otherwise being used for EXSS, PAC, HHS or FSF courses or clinics, or other previously scheduled activities (e.g., intramurals).
- Affiliates and family members of EXSS faculty, staff, GTAs, and GRAs are not allowed to make use of Department facilities for their personal workouts.
- All individuals using the facilities for personal workouts must sign this policy’s acknowledgement and waiver form and obtain the approval of the appropriate room facilitator prior to facility usage.
The activity room facilitator has the authority over all room conduct as well as the use of equipment, and may expel an individual from the facility for failure to follow these instructions.
General

- Prior to personal usage, participation in an orientation session is required. The room facilitator is responsible for providing the orientation session.
- Report any facility-related injury to the room facilitator immediately.
- Report any facility or equipment irregularity to the room facilitator as soon as possible.
- Wear proper training attire at all times.
- Do not bring tobacco, food, chewing gum, glass, bottles, cans, alcohol, drugs, or banned substances in the facility; plastic water bottles are acceptable.
- Use good judgment and have an emergency plan prepared in case of accidents or emergencies.

Equipment

- Show respect for equipment and facilities at all times.
- Leave the facility orderly and with equipment in its properly stored condition after using the room.
- Do not use equipment with which you are not familiar.

Security

- Activity rooms are to be locked and no one allowed in the room when there are no departmental personnel present.
EXSS Facilities Personal Usage Policies Acknowledgement and Waiver

I, ______________________________ (print full name), have read and understand all of the Oregon State University Department of Exercise and Sport Science Facilities Personal Use Policies and hereby agree to follow them as written. I also acknowledge that my failure to comply with these rules and guidelines may result in my loss of facility privileges for a specified period of time. I further acknowledge that the Department of EXSS and the room facilitator are not responsible for injury or loss of personal belongings while using this facility.

Signature: ________________________________________

Name (print): ________________________________________

Date: ________________

Room usage checklist and Facilitator Approval Signature:

_____ Langton Weight Room 06 (Maddalozzo)  ____________________________
_____ Langton Aerobic Machine Room 013 (Asbell) ___________________________
_____ Langton 028 and all golf facilities (Asbell) _____________________________
_____ Langton Aerobic Room 200 (Asbell) ________________________________
_____ Langton Gymnasium 300 (Asbell) _________________________________
_____ Women’s Building 09 (Asbell) ________________________________
_____ Women’s Building Gymnasium 112 (Asbell) __________________________
_____ Women’s Building Social Dance Room 116 (Dark) ______________________
_____ Women’s Building Artistic Dance Room 118 (Soleau) _________________
_____ Women’s Building Yoga Room 204 (Asbell) __________________________

Revised 6/07

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