

**EAST TEXAS BAPTIST UNIVERSITY
DEAN HealthPlex REGULATIONS**

Use of the Dean HealthPlex exercise room, walking track, and racquetball courts is restricted to ETBU students, faculty and staff with a valid ETBU ID card. Immediate family members who are 16 years of age or older may utilize the facility with a valid ID card. Younger dependents may be approved by the facility director to utilize the HealthPlex under close supervision of the parent.

NOTE: The exercise room and racquetball courts will be closed at selected times due to scheduled events in the Dean HealthPlex. These times will be posted in advance, when possible. All regulations are extensions of ETBU dress code policy as published in the student handbook. Thank you for abiding by them.

All persons who use the Dean HealthPlex are responsible for knowing and abiding by the following regulations:

1. Each person is required to check in at the Control Desk prior to use.
2. The gym floor in the HealthPlex is only available for use by prior scheduling through the Facility Director. Keys Gym is available by request at the control desk.
3. Beverages only in resealable plastic containers permitted in the exercise room
4. No food or gum allowed in the exercise room, basketball or racquetball courts. Tobacco and alcoholic beverages are prohibited in the HealthPlex and from all university property.
5. Towels are required. No towel--no entry. Please wipe off equipment after each use.
6. Personal belongings, i.e. backpacks, wallets, purses, keys, may be placed in the provided cubicles at the entry to the fitness center. Please use them..
7. I.D. card must be turned in upon entry. Please sign in at Control desk.
7. Participation is at your own risk.

Dress

1. Full length pullover shirts required. (NO undergarments or shirts with sleeves cut out allowed.)
2. No denim (cut-offs or blue-jean) shorts allowed.
3. Biking shorts, tights, or sliders are required with shorts less than mid-thigh length.
4. Shorts and/or pants must be worn at waist level.
5. Bodysuits/leotards are allowed over tights with shorts worn over them.
6. All shirts must be sewn up the side and have a hem at the bottom.
7. No garments will be allowed advertising alcoholic beverages, tobacco products, profanity, or vulgarity.
8. Women's tank halters are acceptable if worn with a pullover shirt covering them.
9. Men must wear shirts at all times.

Shoes

1. Closed-toe athletic shoes must be worn at all times. No bare feet OR sandals allowed.
2. Soft-sole shoes are required in the exercise room and on the walking track.
3. No Black soled running shoes permitted on the racquetball courts or basketball floors.
4. Indoor-court shoes are required on the racquetball courts and basketball floors. NOTE: These shoes must be clean. Dirt tracked onto courts diminishes the finish, making the floors slick and unsafe.

Indoor Track

1. All traffic will move at a pace that is safe for all participants.
2. Due to the tight diameter of the track, only walking and light jogging are allowed.
3. 12 1/2 laps around the track equal one mile.

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Exercise Room

1. Each exercise machine and/or free weight must be wiped free of perspiration and germs after your use.
2. There are one-half hour time limits for use of treadmills, stair machines, and lifecycles while others are waiting. During busy times, individuals must sign the appropriate waiting list sheets.
3. Caution must be taken when using free weight bars.
4. Spotters are required at all press stations and squat racks.
5. Re-rack weights after each use.
6. Do not drop weights.
7. Do not place weights on padded benches.
8. Weight belts are recommended for free weight bars. Weight belts are not permitted on vinyl or padded equipment.

Racquetball Courts

1. Protective eye goggles are required for your safety. These can be checked out at the control desk.
2. Racquets without lanyards or safety straps on the racquet handles not permitted.
3. Racquetball courts can be reserved at the control desk for one-half hour time slots.
4. Reservations are limited to one time-slot per day. Exceptions will be made during slack times.
5. Reservations cannot be made prior to the day of use. Exceptions are made for reservations during the first two hours of operation each day. These can be made one day in advance.

The HealthPlex Workers have the authority to ask patrons to leave for failure to abide by facility regulations.

No Current ID

No Towel

No Proper Attire (clothes and shoes)

No Facility Use