



POLICIES

- All Fitness Center users must sign in and present their Husky card or a Mills ID to the Fitness Center employee.
- Anyone participating in exercise should be aware of all personal risk factors involved. A medical examination by a qualified physician is strongly recommended before beginning any exercise program.
- Use a "work-in" model of allowing others to utilize the equipment during your rest periods.
- There is a 20-minute time limit on all equipment if others are waiting to use the same machines.
- Fitness Center employees and Campus Sports and Recreation staff have complete authority over Haas Pavilion and the equipment usage. Please follow their instructions and ask for their assistance as necessary.
- No chalk may be used in the Fitness Center.
- Athletic attire must be worn at all times for health and safety reasons in all Haas Pavilion locations (i.e., shirts, closed-toe shoes, and shorts/pants without rivets).
- Make sure to wipe down all equipment after use (mats, free weights, checked out equipment, etc.).
- Do not leave any free weights, backpacks, or other equipment laying around on the floor.
- All personal belongings must be stored in allocated locations, cubbies, or lockers. Employees are not responsible for lost or stolen items.
- Spotters are recommended when performing any overhead free weight exercise. The Fitness Center employee would be glad to provide assistance.
- Personal training by non-CSR staff is not permitted in our spaces.
- Personal music must be played in headphones/earbuds at all times when in Haas. Music can be played out loud in specific locations, you must check with supervising staff for permission and the music must not contain explicit lyrics.
- Verbal and physical language should be appropriate at all times in all spaces.
- Violation of these policies will result in one verbal warning, and potentially an immediate dismissal from all athletic spaces, which will be determined by Campus Sports and Recreation staff.

Any questions?

 510-430-3283

 OaklandRecFacilities@northeastern.edu

 <https://millsatnucampusportsandrec.sites.northeastern.edu>