



Medical School Student Fitness Center Guidelines

1. Consult your physician before beginning any exercise program.
2. Use of the Medical School Student Fitness Center is at your own risk.
3. The Fitness Center is for Michigan Medical School Students. Individuals that do not have access are not authorized to enter into the room or use the equipment.
 - a. Even if you are an authorized member, under no circumstance are children allowed in the Fitness Center.
4. If a member allows access of unauthorized groups or individuals, their access into the Fitness Center will be revoked for 1 year.
5. Fitness Center is open 24 hours a day and 7 days a week. Excluding MM Holidays and Season Day closures.
6. Use of the Fitness Center, at any time, is on personal time.
7. Do not exercise alone, exercise with a buddy.
8. Inspect equipment for damage before use. If damaged, DO NOT USE and immediately notify the Office of Medical Student Education at 763-4147.
9. Medical emergencies: **Dial 911** from the phone in the room. Please report all emergencies and injuries to omseanswers@umich.edu.
10. Items left behind in the Fitness Center should be turned into the Office of Medical Student Education, room 5100 THSL. Items will be turned over to U-M police department at the end of each day. To follow up on lost items please email lost-and-found@police.umich.edu.
 - a. Gym apparel left behind will be disposed of.
 - b. U-M accepts no responsibility for lost or stolen articles.

11. Fitness Center Rules

- a. Keep the rooms clean and orderly.
 - b. Food is prohibited. Beverages must be in a non-spillable drinking container.
 - c. Wipe down equipment after each use.
 - d. Be considerate of others waiting to use the machines.
 - e. All equipment must stay in the Fitness Center and be returned to proper location.
 - f. Fitness Center door shall remain locked at all times. Do not prop the door open.
 - g. Do not leave personal items unattended.
 - h. Headphones must be worn at all times while listening to music or watching videos.
 - i. Please refrain from talking on your cell phone while in the Fitness Center.
 - j. Proper gym attire is required at all times including a shirt and gym shoes (no street shoes are allowed and barefoot or socks are not permitted).
 - k. When using the Smith machine please remember to use a spotter.
12. Lockers
- a. Lockers are **only** to be used during a single work out. All items are to be removed and not kept overnight.
13. Showers
- a. No personal effects may be kept in the shower room at any time.
 - b. Please leave shower room clean and orderly.
14. For any questions related to the Fitness Center please contact omseanswers@umich.edu