

Policy and Procedure

Department: Recreation and Wellness	Section: Recreation and Wellness Departmental Policies
Title: Group Fitness Eligibility	Effective Date:
Authored by: Lucia Zamecnik	Approval Date:
Approved by:	Revision Date:
Type: Departmental Policy	

Purpose: The Kiewit Fitness Center Multipurpose Room is a controlled access room that serves the needs of students, faculty and staff.

Scope: All students, faculty, staff and guests who are eligible to participate in Group Fitness classes.

Policy:

- a. You must have a group fitness pass to participate in group fitness classes.
- b. Participants must be registered for the class on IMLeagues prior to the start of their class.
- c. Once a class has started or reached capacity for safety purposes, admittance will be prohibited. Participants not present at the time of class may lose their spot.

Students

1. All students must be currently enrolled at Creighton University.
 - a. All full-time students are eligible with a valid Group Fitness pass.
 - b. All part-time students must purchase a Recreation and Wellness membership for the remainder of the semester that is valid.

Faculty/Staff

1. All faculty/staff members must be currently employed at Creighton University.
 - a. All faculty/staff members must possess a Recreation and Wellness membership for the remainder of the semester that the Group Fitness pass is valid.

Alumni

1. All alumni must have previously graduated from Creighton University.
 - a. All Creighton alumni must possess a valid Recreation membership for the remainder of the semester that the Group Fitness pass is valid.

Spouses

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1. Spouses of Creighton students, faculty, staff, and alumni must purchase a Recreation and Wellness membership for the remainder of the semester that the Group Fitness pass is valid.
 - a. Spouses are only allowed to participate in activities that the original Recreation and Wellness member (student, faculty, staff, alumni) is currently participating. Spouses must be on the same team as the original Recreation and Wellness member.
 - b. Spouses must be approved by the Assistant Director of Competitive Sports, or their designee.
 - c. If the original Recreation and Wellness members becomes ineligible to participate, the spouse also becomes ineligible.

Procedure:

- Group Fitness passes can be purchased in the Recreation and Wellness main office during regular business hours. The instructor reserves the right to ask a participant to leave should these policies not be followed.
- Instructors reserve the right to cancel classes with participation levels of 3 or less.
- Class times are subject to change.
- No food or drink, other than water, is allowed in the group fitness room.
- Participants can sign in no more than one hour prior to each class.
- Each class has a limited number of spots available.
- Individuals must purchase group fitness passes either online or in the Kiewit Fitness Center main office during business hours prior to class participants.
- Report all incidents, accidents, and concerns to the Recreation and Wellness building staff or group fitness instructor immediately. to the class schedule starting.
- Individuals cannot reserve spots for other
- For health and safety reasons a shirt is required that covers the entire torso, including: stomach, back, rib cage and chest.
- Closed toe activity-appropriate footwear is required. Shoes must have a heel or heel strap. Socks and backless shoes will not be allowed. Please make sure shoes are free of debris before entering the facility.
 - *Shoeless and barefoot training is allowed only in specified formats; i.e. Yoga, BARRE, Pilates. Proper foot attire is required outside of these designated classes.
- Clothing deemed potentially damaging to the equipment is prohibited, as determined by the Recreation and Wellness staff.
- Minimal jewelry is advised.
- All participants are expected to arrive within the first 5 minutes of the class start. After 5 minutes, new participants will not be permitted for safety and disruption purposes.
- Participants are encouraged to monitor their own workout intensity and take water breaks frequently.
- Participants are responsible for returning all equipment used during a class to the appropriate storage space.
- Equipment is to be used for intended purposes only.
- Personal items should be placed in lockers prior to participation. If there are no lockers available, personal items may be placed at the back of the room, along the wall. Please do not place personal items on equipment or along the mirrors.

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- Speak to the Group Fitness Instructor regarding class routines/movements, modifications, injuries or basic use of equipment.

Accountability/Follow-up: Violation of policies may result in loss of privileges. Misrepresentation and/or transfer of Creighton ID/Group Fitness passes is strictly prohibited and will result in confiscation of the ID and suspension of facility privileges for both parties involved. Misuse of equipment/facilities is strictly prohibited and will result in suspension of facility privileges for those involved.