

Starport Code of Conduct

The code of conduct is for all members and staff; please adhere to the guidelines for everyone's safety and courtesy.

General

- Appropriate athletic attire is required at all times
- Closed-heel/toe athletic footwear is mandatory, no sandals, cowboy boots, dress shoes, cleats or bare feet. Proper footwear will help prevent slipping or possible injury
- All bags must be left in the cubbies or lockers, they are not permitted on the floor
- Wipe down equipment after each use to prevent injuries and infectious transmission
- Please report damaged equipment or anything you believe is unsafe
- Use precaution to avoid any contact with the mirrors, do not lean weights against mirrors
- Keep water in a re-sealable plastic container to avoid spills
- Report any injury or emergency to Starport staff

Emergency # 3-3333 - AED is located behind the main lobby reception desk

Free weight use

- Use spotters and/or safety bars when lifting heavy
- Do not drop, throw or slam weights or dumbbells to the ground
- Only exception to the above-mentioned rule is the Olympic bumper plates. They can be dropped in failed attempts for safety reasons. All other dropping of the weights must be under the waist and in a controlled manner
- Use collars and pins to secure weights
- Rerack all weights after use
- Never leave dumbbells or other small equipment lying around on the floor, someone may trip and fall. If you leave your dumbbells on the floor between sets, please place them next to a bench or wall to decrease the risk of accidents
- After you finish using a bar, leave it completely empty. Do not assume that everyone can lift the same amount of weight you can or wants to use the same size weights.

Cardiovascular equipment use

- Wear safety belts or straps when available
- Turn off treadmills when finished, never leave running while not in use

- Wipe down equipment after each use
- Do not misuse the equipment
- Share weight training machines or stations between sets to allow others to work in
- Each participant is allowed to have only one set of dumbbells off the rack at a time
- No yelling/grunting or vulgar language
- Limit use of cardiovascular equipment to 30 minutes when people are waiting
- Shirts must cover the mid drift and sleeveless shirts must be within two inches of the armpits. Respectable clothing is expected and should not be offensive towards anyone else, no going shirtless
- Athletic shorts, sweats and/or pants must be worn, no jeans, belts, or other studded clothing that may puncture or tear the upholstery are permitted
- Athletic pants or shorts that are non-revealing and fully cover the buttocks are required
- Weight belts may not be used while leaning, lying, or sitting on upholstered equipment
- Photography and/or videography are prohibited in any Starport fitness areas
- Headphones are required for all audio devices brought into the fitness center by patrons
- Comply with any rules and guidance set forth for the particular program, event or class
- No aggressive behavior in any form will be tolerated, including physical abuse, verbal abuse, threats, intimidation, harassment, coercion and/or conduct which threatens or endangers the health or safety of any person
- Comply with requests and direction from Starport staff, officials, instructors, and facilitators who are acting in the performance of their duties



Safety



Respect



Cleanliness

- Personal towels are mandatory
- Wipe down equipment after each use, sanitation wipes and/or spray bottles are available to clean any surfaces you touch or perspire on (this includes lower portions of machines, benches, mats or the floor)
- Chalk, rosin powder, wax, or any other substance, which would alter the floor surface or equipment, is strictly prohibited
- No food in the SCC, GroupX studios or Gymnasium is permitted
- No spitting, dumping of protein or any other drinks in the fountains
- All shoes, clothing and towels should be clean. Soiled/smelly clothes should not be left in lockers after workouts
- Minimize good or bad odors - your perfume or poor hygiene practices can be too strong making it tough for others around to breath comfortably when working out



Communication

- Injuries, accidents, or equipment failures are to be reported immediately to a staff member
- Report damaged equipment or behavior believed to be unsafe, discourteous, or inappropriate
- Encourage other members to wipe down their machines after use
- Ask if you need assistance or would like to learn how to use a machine
- Feedback is valuable, let us know how we can improve
- Do not start a conversation or interrupt in any way, someone who is in the middle of lifting a weight. It may cause them to loose concentration and injure themselves
- Minors ages 12-15 may become a member and use the facility only when accompanied by an active participating adult member. Minors ages 16-17 may become dependent Starport Fitness members and use the facilities without adult supervision
- Anyone under the age of 12 years, cannot be left unattended in the lobby and are not permitted in the Gym, Strength and Cardio Center, or GroupX studios



Fun

- Train hard, be healthy, and inspire others
- Exercise has tremendous health benefits, but if you can make it fun it will become a lifelong enjoyable activity
- Research shows that when you add a social component to your exercise routine you are more likely to stick with it
- Fitness centers are a great location to meet people with similar interest but please be respectful of peoples' space and desire to interact. For some, the fun part is getting away and having personal time
- The gym is a social atmosphere, feel free to talk to your friends, however please be aware of others around you and the space you may be occupying

Gym etiquette is for the safety and consideration of all Starport fitness center members.

Starport Fitness staff reserves the right to determine inappropriate, discourteous, or unsafe behavior. Failure to comply may result in barring you from this facility.

All participants and visitors are required to report any violation of this Code of Conduct to a Starport staff member immediately. As needed, JSC Security may be called at any time to help enforce the Code of Conduct.