

**Meridian Community College  
Wilhelmine Tew Damon Fitness Center**

**Mission of Meridian Community College**

**Meridian Community College is a public institution of higher learning dedicated to improving the quality of life in Lauderdale County, Mississippi, and surrounding areas. Through campus-based and distance education programming, MCC serves a diverse student population and accomplishes its mission by providing equal access to:**

- **Courses leading to the Associate in Arts Degree and/or transfer to senior colleges and universities;**
- **Associate of Applied Science Degree and occupational certificate programs, and customized workforce training, leading to entry-level and/or enhanced employment opportunities;**
- **Continuing education courses designed for personal and/or professional enrichment, student support services, cultural enrichment events, and adult basic and developmental education programs designed to equip students for expanded opportunities.**

### **Damon Fitness Center Goal**

To promote quality of life activity programs in a well-maintained, safe environment

### **Damon Fitness Center Objectives**

To promote a healthy lifestyle

To offer a safe and clean environment in which to exercise

To provide a range of developmentally appropriate community sports and recreation programs

To provide extracurricular activity programs that offer diverse activities, both competitive and noncompetitive, for students, faculty and staff members, and members of the community

To provide a training facility for varsity athletics

### **Statement of Non-Discrimination**

Meridian Community College does not discriminate on the basis of race, color, national origin, sex, disability, religion or age in admission or access to, or treatment or employment in its programs and activities. Compliance with Section 504 is coordinated by Ms. Soraya Welden, Dean of Student Services, 910 Highway 19 North, Meridian, MS 39307. 601-484-8628, Fax: 601-484-8635, email:swelden@meridiancc.edu. Compliance with Title IX is coordinated by Mr. Derek Mosley, Social Science Instructor, Smith Hall, 910 Highway 19 North, Meridian, MS 39307. 601-553-3453, Fax: 601-484-8635, email:dmosley@meridiancc.edu.

## **General Regulations and Policies**

### **A. General**

Upon entering the Damon Fitness Center, all students, faculty, staff, and members must present a current MCC I.D. card to use the facilities other than a scheduled course.

Food and drink (*other than water in a sealed container*) are not permitted in the Fitness Center while working out.

Proper attire is required for all persons using the Damon Fitness Center. Shirts and shoes are required in all public areas. Anyone wearing clothing with offensive printing will be asked to substitute proper attire for offensive clothing. Cut-offs, blue jeans or similar types of pants or slacks are not allowed when working out. Appropriate tennis shoes or workout shoes are required.

All persons at MCC are expected to exhibit self-reliant, acceptable and desirable behavior. Profanity, unruly behavior, or unacceptable conduct will cause the individual to be asked to leave the facility. A copy of the Student Behavior Code listed in the Meridian Community College Student Handbook is available at the Fitness Center desk or in Student Services located in Ivy Hall.

All members of the Damon Fitness Center are required to have a current Emergency Information Form on file. Members are asked to keep the information updated, including emergency numbers.

Tobacco products of any kind are prohibited for use while in the Damon Fitness Center.

Children of any age must not be left unattended when in the Fitness Center. Members under 15 must be supervised by an accompanying adult at all times.

Failure to observe the rules and regulations may lead to loss of facility use privileges. Members agree to abide by these Regulations and Policies. These policies may be amended periodically. Changes will be posted in the Damon Fitness Center.

All persons using the Damon Fitness Center assume responsibility for injury and the loss or damage to their property while in the Fitness Center.

The rules and regulations contained herein are not all inclusive. Other rules and regulations may be posted in and about the facilities of the Damon Fitness Center.

### **Fees/Membership/Use**

Meridian Community College determines the amounts and terms for payment of fees by Members. Tournaments, repairs and/or maintenance of some facilities may make it necessary for the Damon Fitness Center to restrict use of one or more of the facilities or temporarily close the Fitness Center. Fees will not be reduced or suspended during the time when one or more of the facilities is not available.

Current full time MCC faculty, staff, and students may use the facility at no charge.

Membership and use of the facility may be terminated for failure to follow the Damon Fitness Center policies and regulations.

Membership and/or use of the facility may be denied for temporary or permanent health related reasons where use by a patron with certain health conditions would endanger or present health risk to other patrons. Each situation is handled on

an individual and confidential basis.

## **Waiver of Liabilities and Waiver of Claims**

It is expressly agreed that all use of facilities at Meridian Community College shall be undertaken by the member at his/her sole risk, and MCC shall not be liable for any injuries or any damage to any member or the property of the member, or be subject to any claim, demand, injury, or damages, whatsoever, including, without any limitation, those damages resulting from acts of active or passive negligence on the part of MCC, its officers, or guests. The member, for himself/herself and on behalf of his/her executors, administrators, heirs, assigns, and successors, does hereby expressly forever release and discharge Meridian Community College, its owners, officers, employees, agents, successor and assigns from all such claims, demands, injuries, damages, actions or cause of action. Meridian Community College shall not be responsible for liability to the member for articles damaged, lost or stolen in or about the Damon Fitness Center and facilities, or lockers, or for loss or damages to any property including, but not limited to, automobiles and the contents thereof.

Initial: \_\_\_\_\_

## **Acknowledgement of General Regulations and Policies**

I, the undersigned, have read and understand the General Regulations and Policies as set forth herein and do acknowledge this and agree to abide by the same.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

Witness: \_\_\_\_\_

Date: \_\_\_\_\_

## **Meridian Community College Swimming Pool**

All swimmers must sign in at the front desk and present a current MCC I.D.

Appropriate swimwear is required (no shorts, cut-offs, leotards, sports bras, thongs).

Proper footwear is recommended in dressing areas and on the pool deck. Shoes are required in the lobby and on the grounds.

It is recommended that all patrons take a soap shower before entering the pool.

Individuals with infectious conditions, communicable diseases, skin infections, abrasions, open wounds or a known sickness will not be allowed to use the pool. Persons wearing adhesive bandages will not be allowed to use the pool.

Individuals with bowel incontinence will not be allowed to use the pool. Individuals who have had stomach or bowel disorders within 24 hours should not use the pool.

Children who are not toilet trained will not be allowed to use the pool.

Only individuals who can swim with ease across the pool will be allowed in deep water.

MCC does not provide aquatic therapy in any form nor can MCC provide assistance in the dressing areas. Individuals must be able to function independently in the water as well as the dressing areas to use the MCC Fitness Center.

To be eligible for lap swimming membership, an individual must demonstrate proficiency by continuously swimming 200 meters, any style.

Food and beverage other than water or a sports drink in a sealed container are not allowed.

The safety rules for the pool will be posted at poolside. All individuals are expected to adhere to these rules.

Diving is not allowed in the shallow end of the pool. The lifeguard can instruct you as to the safe area for diving.

Running on deck is not allowed.

Swimmers must wait on the top deck until the class in the water has started to exit.

The pool is a classroom and it is important that the people in the water be able to hear the instructions. Please keep your talking to a minimum while on the deck and during class time.

Enter and exit through the dressing areas unless the hallway provides easier access.

When your class or block of time is over, please exit in a timely manner and dry off before you enter the lobby. Also dry off your aqua shoes or change into dry shoes before entering the building or dressing area. This will help keep floors dry.

Individuals can only attend the class that they signed up for without prior approval from the instructor or the Fitness Center Director or designee.

If you become ill please notify the Lifeguard or instructor immediately.

If you notice anything that may need our attention, let the lifeguard know immediately.

MCC does not provide towels; individuals should bring their own.

A limited number of lockers are available. Individuals are encouraged to bring their own lock and remove it when they leave. Lockers are not available for overnight use in any of the locker rooms. Locks left on the lockers will be periodically removed.

Do not leave any valuables unlocked or unattended in the locker room.

All individuals using the Damon Fitness Center and facilities are expected to follow the policies that are established by Meridian Community College.

Vehicles must be registered through MCC security located in Ivy Hall.

When the water temperature drops below 75 degrees Fahrenheit the pool will close. It will reopen when the water temperature reaches 75 degrees Fahrenheit.

During thunderstorms, the pool will close for 30 minutes following the last thunder clap and/or sighting of lightning *at the discretion of the lifeguard.*

## Meridian Community College Weight Room

Individuals using the weight room other than scheduled classes must sign in at the front desk and present a current MCC I.D.

Proper attire is required for anyone using the MCC weight room or exercise equipment. Blue jeans, pants with belts, sandals or slides, and in general street clothes are not allowed. Tennis shoes or workout shoes are required.

Members are responsible for wiping off perspiration from the equipment. Each member should bring a towel for personal use.

Any open wounds, abrasions, or skin infections must be appropriately covered. Disinfectant spray and paper towels are located in the weight room for your use.

Food and beverage (*other than water in a sealed container*) are not allowed in the weight room at any time.

Always use a spotter when using free weights.

Always avoid slamming or dropping weights.

Book bags and equipment bags are not allowed in the weight room.

Noise is to be kept at a minimum when working out.

Safety rules are posted in the weight room. All individuals are expected to adhere to these rules.

Guests are not allowed in the weight room.

All persons at MCC are expected to exhibit self-reliant, acceptable and desirable behavior. Profanity, unruly behavior, or unacceptable conduct will cause the individual to be asked to leave the facility. A copy of the Student Behavior Code listed in the Meridian Community College Student Handbook is available at the Fitness Center desk or in Student Services located in Ivy Hall.

A limited number of lockers are available. Individuals are encouraged to bring their own lock and remove it when they leave. Lockers are not available for overnight use in any of the locker rooms. Locks left on lockers will be periodically removed.

Do not leave any valuables unlocked or unattended in the locker room.

If you become ill notify the front desk worker or your instructor.

All individuals using the Damon Fitness Center and facilities are expected to follow the policies that are established by Meridian Community College.

Vehicles must be registered through MCC security located in Ivy Hall.

## **Meridian Community College Track**

Individuals using the track other than scheduled classes, MCC sports, or varsity workouts must have a current MCC I.D. to present when asked to do so by a MCC Security Officer, MCC instructor, or MCC personnel.

Information on membership, fees, and times for use is available at the Damon Fitness Center.

Proper footwear is required. No cleats or shoes that could damage the surface are allowed.

Lanes 4-8 (outside lanes) need to be used as much as possible to protect the surface.

Gum should be thrown away in a trash can.

No pets are allowed in the track/soccer area.

Use of the MCC track does not include use of the soccer field, track and field equipment, hurdles, or starting blocks.

No unauthorized vehicles of any kind are allowed on the track or soccer area to include: cars, trucks, golf carts, bicycles, roller skates, roller blades, skateboards, ATVs, etc.

Hours of operation: sunrise to sunset

The track will be closed for MCC sponsored events such as classes, track meets, soccer events, *baseball games*, and other special events.

All individuals using the Damon Fitness Center and facilities are expected to follow the policies that are established by Meridian Community College.

Vehicles must be registered through MCC security located in Ivy Hall.