

Fitness House (The Gym)

All gym members are required to read the Gym Policy before becoming members. Inquiries, requests, and concerns about the gym (the Fitness House) should be addressed to the student managers. Any gym policy violations a member witnesses should be reported to the managers. Appeals regarding the Gym Policy should be submitted to the Vice President for Finance and Administration on the second floor of Debevoise Hall who oversees the managers.

GYM POLICY

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I. Procedure for use of the Gym

A. Waivers available in the Business Office.

A signed liability waiver and \$40.00 will get you a key to the gym. (\$20.00 is a key deposit, refundable when you return the key. \$20.00 is your annual membership fee.)

Non-VLS students (partners, spouses, and significant others) may use the gym facilities. However, they MUST complete the necessary steps as outlined above.

Those wishing to use the Vermont Law School gym that do not qualify for use pursuant to the requirements stated herein, may attempt to obtain a Non-VLS Affiliated Gym Membership through the following procedures. Examples of Non-VLS Affiliated Members might include but are not limited to:

- 1) The Spouse or Significant Other of a Vermont Law School Faculty or Staff Member
- 2) The Spouse or Significant Other of a Vermont Law School Alumni
- 3) South Royalton residents

B. A Non-VLS Affiliated Gym Membership may be obtained according to the following parameters:

- 1) Non-affiliated persons desiring membership will be required to read and sign a waiver prior to being issued a gym key.
- 2) Non-affiliated persons desiring membership will be required to pay an initial deposit of \$10.00 for the issuance of a gym key.
- 3) Non-affiliated persons desiring membership will be required to pay a fee of \$40.00 per month for gym membership. A minimum of 6 (six) months membership dues must be paid at one time. However, non-affiliated persons may not pay for a membership beyond the first day of classes for the following academic year.
- 4) Non-affiliated persons will be required to sign a Memorandum of Understanding which will require the individual to provide their mailing & physical address, day & evening phone numbers, and indicate an understanding of this policy.
- 5) A limit of fifteen (15) Non-VLS Affiliated gym memberships are available and are granted on a first-come-first-served-basis. This membership process will be reinitiated annually at the beginning of each academic year on the first day of classes to ensure fairness in the selection process.
- 6) Non-affiliated members will be subject to the same regulations as affiliated members.

C. Gym membership will be subject to revocation if the non-affiliated member violates or is found to be in non-compliance with gym policies and regulations.

VLS uses a member key policy allowing student members to have access to the facilities 24 hours a day

7 days a week.

*IMPORTANT - VLS gym facilities and its use are subject to the Code of Conduct.

II. Safety Regulations for Use of the Gym

- A. Consult your physician prior to commencing an exercise program.
- B. Prior to using the equipment, read the instructions for that equipment, review all information that VLS provides regarding the operation of the equipment, and if the equipment is unfamiliar to you, receive instructions from a knowledgeable person.
- C. Never work out alone. You must have a partner with you when using the gym.
- D. Use a spotter whenever using weight equipment whether Nautilus, universal, free weights, or other equipment.
- E. Stop exercising as soon as you feel any pain, dizziness, shortness of breath, or discomfort, and immediately consult your physician.
- F. All guests must be older than 18, receive proper instruction on the use of all equipment, and be supervised by a VLS member. (For purposes of this regulation, a guest is defined as a person who does not reside in South Royalton and who will not use the gym more than 10 times in an academic year.)

III. General Regulations for Use of the Gym

- A. Return all weights to their proper place after use.
- B. Do not drop weights after using them.
- C. Wipe off all equipment after use.
- D. Change shoes before entering the gym.
- E. Limit exercise on aerobic machines to 30 minutes if other people are waiting.
- F. Food is not permitted in the gym. Drinks are permitted in non-spill containers.
- G. Conserve energy: If you are the last to leave turn off the lights; if it is late, turn down the heat.
- H. Gym guests who are found entering or using the gym on two occasions without a current membership will be reported to the Associate Dean for Student Affairs and Diversity under the Vermont Law School Code of Conduct.
- I. Gym guests who are found entering or exiting the door in the weight room downstairs on three occasions will be reported to the Associate Dean for Student Affairs and Diversity under the Vermont Law School Code of Conduct. Guests are not to use this door.
- J. Sign the sign-in sheet when entering and exiting the gym.
- K. Pick up after yourself.

IV. Violations of General Regulations (III)

- A. All violations are reported to the Associate Dean for Student Affairs and Diversity and will result in:
 1. Two-week suspension for first violation.
 2. One-month suspension for second violation.
 3. Loss of gym privileges for third violation.
- a. Membership may be reinstated after a one-year suspension and approval by the Associate Dean for Student Affairs and Diversity.

ADDITIONAL FITNESS OPTIONS:

- **The Opera House** is a studio space for student led classes in yoga, meditation, dance and martial arts. The Opera House has town offices on the first floor and VLS rents the 2nd floor studio from the town. It is located on the corner of Safford Street and Railroad Street, opposite the town library, a 5 minute walk

from campus. Enter and park on Railroad Street; all spaces are reserved on Safford Street for the town officers who meet in the evening and volunteer fire department). For questions about the Opera House, contact the Office for Student Affairs and Diversity.

Vermont Law School has an agreement with the SHAPE facility at Vermont Technical College. VLS students may purchase memberships at SHAPE at a discount. Vermont Technical College is located in Randolph Center, one exit north on Interstate 89, a 20 minute drive from VLS. www.vtc.edu/shape/

The Upper Valley Aquatic Center (UVAC) another local fitness center with a pool, also offers student discounts through an agreement with Vermont Law School. It is located at the intersection of I-89 and I-91, 15 minutes south of VLS. www.uvac-swim.org/

To receive a discount at either SHAPE or UVAC, be sure to bring your VLS ID with you when you sign up for a membership.