



Circuit Studio Policies

Occupancy Capacity = 20

1. Safe and proper use of equipment is required at all times. If you are unsure about the safe handling of equipment please direct any questions to a Recreational Sports staff member.
2. No food or glass containers are allowed past the turnstiles.
3. This area is for Circuit use: Complete one set on a machine then rotate clockwise to the next machine.
4. Participants using this area for Circuit training have priority: Participants wanting to perform more than one set on a particular piece of equipment should do so in the Strength & Cardio areas
5. All strength training equipment should stay in its original location.
6. Athletic shoes covering the entire foot must be worn at all times. Open-toed and open-heeled shoes and sandals are not permitted. Workout clothes that fully cover the chest must be worn. Shirts are required at all times. **JEANS ARE NOT PERMITTED.**
7. Children under the age of 18 are not permitted in the Circuit Studio.
8. Abuse of property (slamming weight stacks, dropping weights to floor, etc.) or verbal or physical abuse of participants or staff will not be tolerated. Violators may be subject to disciplinary process and asked to leave the facility immediately.
9. Only authorized personnel of the Division of Recreational Sports are allowed to personal train in Recreational Sports facilities.
10. Personal possessions should be stored in a locker. Recreational Sports is not responsible for lost or stolen items.
11. Strollers are not permitted in the Circuit Studio.
12. In the event of an injury or accident, please press the EMERGENCY PANEL button, in the hallway between courts 4 and 5, once to receive medical attention and/or seek assistance from an on-site supervisor at the turnstiles.

STATEMENT OF RESPONSIBILITY

Neither Indiana University nor Campus Recreational Sports accepts any responsibility for ill health or injury sustained while participating in any of the programs. No medical or ambulance expense incurred by a participant will be paid by Campus Recreational Sports or by the University. Participation is on a voluntary basis. It is recommended that all participants undergo a prior physical examination and carry some form of health and injury insurance. If an injury does occur, it should be reported to the nearest Recreational Sports staff member. In the event that blood is involved in an injury, that person cannot continue to participate until the wound is properly cleaned and dressed; any clothing with blood should be removed.