



# JOHN CABOT UNIVERSITY ATHLETICS

## ATHLETICS DEPARTMENT

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## FITNESS & SPORTS

For us it is important to provide our students with a safe and healthy environment where they can stay fit while also having fun. One of the Athletics Office's goals is promoting a healthy lifestyle while giving the opportunity to improve on one's wellness and fitness.

## **FITNESS CENTER**

John Cabot University is proud to offer its international student body, a brand new Fitness Center located inside of the JCU Gianicolo Residence, only a 5-minute walk from Guarini Campus. The JCU Fitness Center is a perfect environment to get involved in the areas of fitness and exercise as well as many fitness classes with certified instructors.

## **RULES AND POLICIES**

### **Supervision**

The Fitness Center is an unsupervised fitness center which may pose risks. Participants must assume all risks associated with using exercise equipment and exercising alone without aid and presence of the Fitness Staff. The Athletics Office strongly recommends that students use the gym facilities during hours of supervision by the JCU designated trainers.

### **ID Cards**

A strict ID policy is enforced when students walk in the Fitness Center facilities. No student, staff or faculty member will be allowed into the Fitness Center building without their JCU ID card issued.

## **Physicals & Forms**

All JCU students must sign the Athletics forms prior involvement in the JCU Fitness Center. No student will be allowed to use the facilities of the Fitness Center without signing and submitting the Athletics Form.

All JCU students must provide the Athletics Office with a medical examination, or physical, given out by an Italian medical doctor. Physicals are valid for one entire solar year.

## **Use of Equipment**

The gym offers to JCU students a wide range of training equipment. After personal use, students have the duty to put back and clean the equipment with specific roll paper and spray provided. This rule is especially emphasized on weights and training machines.