



## Membership Benefits

Membership to the Recreational Sports Program gives you access to the sports facilities and allows you to use all available equipment and facilities during posted recreation times. These include:

- Participation in open recreational activities
- Participation in Intercollegiate and Intramural Sports Activities
- Participation in Fitness Activities (including the use of the cardiovascular and fitness equipment at the JCU Fitness Center)
- Use of the locker room

## Membership Eligibility

All John Cabot University students, staff, and faculty have the right to request membership to the Recreational Sports Program. Membership is granted for the current enrolled semester only.

To be eligible, you must:

- Provide proof of current enrollment or employment at John Cabot University.
- Fill out and submit the Athletics Form
- Submit a ***Physical Exam issued by an Italian doctor*** - [FAQ's on page 2](#)

## Membership Renewals

To renew your membership you must have a physical exam performed by an Italian doctor each year and bring proof of the completed physical exam to the Athletics office in the Gianicolo Residence

All memberships include of University breaks, holidays, and facility closures.

Access to the Fitness Center for students is based on the [JCU Academic Calendar](#).

## Facilities Entrance - ID Cards

A strict ID policy is enforced when entering the Fitness Center or affiliated off-campus facilities, and when participating in any sports. No student, faculty, or staff member will be allowed into any sports facilities or the fitness center building without their JCU ID card. [JCU ID Card Policy Violations on page 2](#)

## Photography and Video

Members acknowledge that photographs may be taken or videos recorded during activities within our programs and facilities. By participating in our programs or entering our facilities, you agree that reproductions of these photographic materials may be used in promotional activities initiated by the Department of Student Life and John Cabot University. Persons wishing to take pictures within the Fitness Center will need to obtain permission from the Student Services Director in advance.



## Attire

Exercise attire and footwear are required (exception: locker room areas).

- Footwear: non-marking, rubber-soled athletic-type/sport shoes are required. Footwear must completely cover the foot, including instep, toes, arch and heel. Exception: Bare feet and/or stockings are acceptable for some group fitness classes and/or group reservations in the activity rooms.
- Shirts: Upper body clothing should cover the back, sides and torso-front. Bottoms: Athletic-type apparel is required. Shorts must be long enough to cover the buttocks and groin when exercising or moving.
- Shorts must be properly worn on the hips.
- Athletics' office strongly recommends no jewelry be worn during participation.
- Clothing with offensive or profane language, designs, or pictures is not acceptable.
- Athletics Office decisions pertaining to appropriate attire are final.



### Italian Physical Exams FAQ

Who needs to get an Italian physical exam?

All JCU students, staff, and faculty who would like to have access to the Fitness Center, affiliated sports facilities, or participate in sports teams or intramural sports must have an Italian physical.

Where do I get an Italian physical exam?

You can have your physical exam done by the JCU doctor located on Guarini Campus (contact Athletics office or view website for hours) or you can go to an Italian doctor of your choice.

\*To play on the soccer teams, there is a special physical exam day.

How much does the physical exam cost?

If you have your physical exam done at JCU it will cost €20. For doctors outside of JCU prices vary and may cost anywhere from €50 up to €100.

For those students interested in joining the men or women's soccer team, the physical exam costs €30 when done on campus (it is a more comprehensive exam).

How can I pay for my physical exam?

For physical exams at JCU, you should bring €20 in cash to pay the doctor at the time of your appointment, or €30 for the soccer physical.

For doctors outside of JCU, you will most likely have to pay in cash at the time of the appointment.

How long is the physical exam valid?

The physical exam is valid for one year. In order to continue participating in the Recreational Sports Program, you must have a physical exam with an Italian doctor every year and submit proof of your exam to the Athletics office located in the Gianicolo Residence.

### JCU ID Card Policy Violations

JCU ID Cards are non-transferable and they are for the exclusive use of the person named on the card. JCU cards must be carried on one's person at all times and may not be used by anyone other than the student named on the card; they remain the property of John Cabot University and must be surrendered to the University upon demand. Any JCU ID Card that is presented by someone other than the rightful cardholder will be confiscated.

\*Staff reserves the right to request identification at any time.

Violations include but are not limited to:

- Leaving the building through unauthorized exits
- Allowing another person to use your JCU ID Card
- Using a JCU ID Card that does not belong to you
- Knowingly aiding in providing access to unauthorized users
- Assigning your own or another person's JCU ID Card to unauthorized users
- Allowing others to enter through emergency exits
- Signing in a visitor for a tour, and then using facilities

Violations of these policies will lead to the following consequences:

- First Violation: A €50 fine for each person illegally accessing the athletics facility, written warning, minimum 1 week suspension.  
\*\* Student violations will be reported to the Student Conduct Coordinator.
- Second Violation: A €50 fine for each person illegally accessing the athletics facility and membership suspended for the length of one semester (4 months).  
\*\* Student violations will be reported to the Student Conduct Coordinator. Faculty/Staff violations will be reported to the Office of Human Resources.
- Third Violation: A €50 fine for each person illegally accessing the athletics facility and membership suspended permanently.  
\*\* Student violations will be reported to the Student Conduct Coordinator. Faculty/Staff violations will be reported to the appropriate supervisor.

\*\* Suspension will continue until the fine is paid. Individuals on suspension will not have access to any sports facilities, including the Fitness Center.

Note: JCU ID Cards are the property of John Cabot University and will be confiscated if used by someone other than the person named on the card.