

Department of Dance Performance Lab Requirements

1. The Performance Lab is for Department of Dance faculty, staff, BFA and MFA student use only. No one else is permitted to use the Performance Lab (e.g., guest, non-major).
2. No food is permitted inside the Performance Lab at any time.
3. You are permitted to bring *plain* water into the Performance Lab; no other liquid is permitted (e.g., Gatorade, powder-based or performance-enhancing drinks, etc).
4. BFA students are permitted to use the Performance Lab seven days a week from 6:00AM until 12:00AM.
5. MFA students, faculty and staff are permitted to use the Performance Lab 24 hours/day, seven days a week.
6. Understand the U-M Custodial Services staff has to clean the room each day and will do so sometime between 4:00AM and 6:00AM.
7. Prior to first use, all users must first attend an orientation session led by a certified expert--or view all videos segments on the Dance website and read, sign and date the "Performance Lab Request for Access and Release of Liability" form, which will be maintained by the Dance Administrator.
8. All users must follow the safety and cleanliness requirements as set forth in these guidelines and as posted throughout the Performance Lab.
9. You are not permitted to share the digital lock code with anyone who does not meet the criteria mentioned in item 1 of these guidelines.
10. You must wear *athletic* shoes (i.e., sneakers, tennis) **at all times** while on the cardio equipment
11. Absolutely NO snow/wet weather boots are allowed on the equipment or in the Performance Lab at any time.
12. You are NOT allowed to be barefoot at any time or on any piece of equipment in the Performance Lab; socks are permitted.
13. Use of the Performance Lab, at any time, is to be during your free time (i.e., not when you are scheduled to be attending or teaching class or working).
14. Use of the Performance Lab is at your own risk.
15. Consult your physician before beginning any exercise program.
16. Before using any equipment, inspect it as you have been trained. Should you notice damaged or

defective equipment, DO NOT USE IT. Immediately notify the Facility Manager/Dance Administrator as soon as possible.

17. The Facility Manager/Dance Administrator must be notified of all injuries and/or medical emergencies as soon as possible:

- a. Medical emergencies: **Dial 911** from phone in the Student Lounge (#3512).
- b. For non-emergencies and minor injuries: A first aid kit is available in the Student Lounge; follow-up with your own doctor.

18. Additional Performance Lab rules:

- a. Please keep the room clean and orderly.
- b. Keep windows and blinds shut **at all times**.
- c. Wipe down equipment after each use. Use ONE sanitizing wipe per piece of equipment.
- d. Please be considerate of others waiting to use the machines.
- e. All equipment must stay in the room and, if moveable, returned to its proper location.
- f. Performance Lab room doors shall remain locked at all times. Do not prop the doors open.
- g. Do not leave valuables unprotected. The U-M accepts no responsibility for lost or stolen articles.
- h. Do not bring backpacks or extra clothing into the Performance Lab as space is at a premium. Store personal items in your locker.
- i. Found keys or other property go to the Dance Administrator or can be put in the Lost & Found located in the Student Lounge (#3512).