

Department of Dance Cross Training Studio Requirements

1. The Cross Training Studio is for Department of Dance faculty, staff, BFA and MFA student use only. No one else is permitted to use the Cross Training Studio (e.g., guest, non-major).
2. No food is permitted inside the Cross Training Studio at any time.
3. You are permitted to bring *plain* water into the Cross Training Studio; no other liquid is permitted (e.g., Gatorade, powder-based or performance-enhancing drinks, etc.).
4. BFA students are permitted to use the Cross Training Studio seven days a week from 6:00AM until 12:00AM.
5. MFA students, faculty and staff are permitted to use the Cross Training Studio 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 should view all video segments on the Dance website explaining proper use of equipment: <https://smt.d.umich.edu/current-students-3/dance-department-current-students/>.
8. All users must follow the safety and cleanliness requirements as set forth in these guidelines and as posted throughout the Cross Training Studio.
9. You are not permitted to allow access to the facility via MCard 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 Cross Training Studio at any time.
12. You are NOT allowed to be barefoot at any time on any piece of equipment in the Cross Training Studio; socks are permitted.
13. Use of the Cross Training Studio, 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 Cross Training Studio 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** immediately or hit emergency button/phone in studio and it will directly connect you to DPSS.
- 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 Cross Training Studio rules:

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