

GIBSON HALL STUDENT CENTER POLICIES AND PROCEDURES

The Gibson Hall Student Center (Gibson Hall) Policies and Procedures are in place to allow students an opportunity to have a fun and safe experience while visiting the facility. Gibson Hall visitors should review the following policies and procedures. Please contact a Gibson Hall staff member with any questions.

Gibson Hall and Navarro College Student ID

A current Navarro College (NC) Student ID is required to enter Gibson Hall. If you lost your college ID, please visit the Office of Admissions located in the Gooch One Stop Building for a replacement. Using another person's college ID to gain entrance to Gibson Hall will result in immediate suspension of the person sharing their ID.

Standard of Conduct

The use of Gibson Hall facilities is a privilege. All who participate in Gibson Hall activities are expected to:

- Be respectful and courteous towards the Gibson Hall staff and others using the facilities as well as respond to all reasonable staff requests.
- Act in a safe and responsible manner while using the facilities.
- Use of headphones and ear buds are required while listening to personal music.
- Disorderly conduct and profanity will not be tolerated. (Review the Student Code of Conduct located in the [Navarro College Student Handbook](#))
- Photographs and video recording is not allowed without prior approval.
- Any person participating in activities in Gibson Hall is voluntary and assumes all risks when engaging in activities.

The Brenda Duncan Fitness Center Dress Code

Proper athletic clothing must be worn while using the fitness facility.

- Sneakers, socks, athletic pants/shorts, and t-shirts are considered appropriate clothing.
- Shirts should cover full chest, back and lower torso area. (No sports bra only)
- Bare feet, socks only and sandals are not allowed.

Weights

Return all weights, plates, and other equipment that you use back to the racks and storage areas.

- All weightlifting should be done in a safe and controlled manner.
- Dropping and slamming weights is not allowed.
- If the weights are too heavy, ask for an attendant or another weightlifter as a spotter.
- When using free bar weights, collars are required to keep the weights from sliding off the bar.
- Do not lean bars and weights against the mirrors or walls.
- Be respectful of others wanting to use the station or weights.
- Be aware of the space around you when working out.
- Use disinfectant spray bottles provided to wipe down all stations, weights, and equipment after use.
- Throw away all trash and empty bottles.