

HARVARD MEDICAL SCHOOL
VANDERBILT HALL ATHLETIC FACILITY

Athletic Facility
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<http://hms.harvard.edu/content/vanderbilt-hall-athletic-facility>

AEROBICS ROOM RULES

General Rules

1. Room reservations must be approved by the Athletic Director. All persons using this room must do their best to accommodate others and share the space. Music should be set at an appropriate levels and equipment should be shared.
2. Return equipment and leave the room clean and tidy.
3. Care should be taken at all times to not damage the floor. Please ensure shoes or equipment do not mark or scratch the floor.
4. Only water and sports drinks in sealable, non-breakable containers are allowed. Food is not allowed.
5. All fitness instruction including personal training and group exercise must be by an approved instructor.
6. Know where the nearest emergency exits, automatic external defibrillator, and phones are located.
7. It is advised that you do not exercise alone.
8. Do not use the mirrors for support.

Room Reservation Policy

1. Large groups may reserve the room for a specific amount of time. Groups may make their requests by contacting the Athletic Director.
2. Individuals and groups of less than 5 people may not reserve the room.
3. Reservations will not be accepted with less than 72 hours advanced notification.
4. Requests are granted on a case by case basis.
5. All individuals in the group must possess a valid HUID number.
6. Large groups may be required to complete a Room Reservation Request Form.
7. Reservations are limited to 1 hour on Monday –Friday between the times of 5-8PM. These hours are the busiest for the Facility.
8. Reservations may be revoked at any time.
9. Exceptions to these rules may be permitted on rare occasions. Speak with the Athletic Director concerning your situation.