

Dress Code Policy FAQ

- ***Why did the policy change to shirts with sleeves that cover back and stomach?*** The dress code was changed for the health and safety of members. Covering the armpits adequately especially reduces the risk of skin-to-equipment disease transmission. The high utilization of cardio & strength equipment often does not allow for the 10 minutes required for disinfectants to work completely before another member begins using the equipment.
- ***What happens if I forget a T-shirt?*** For the first 3 weeks members will be able to check out a t-shirt from the fitness staff. If the shirt is not returned a fee of \$6 will be assessed. After September 14th, members who forget their sleeved shirts will need to return with one on their own, purchase a shirt from the Information Office (\$6), or find an alternative activity for the day (e.g., track, courts, group exercise.)
- ***When did the change start?*** The change began May 19th, 2008.
- ***Have other universities started to implement this dress policy?*** Yes, a benchmarking study conducted in fall 2007 revealed at least 20 universities have implemented the same policy, including Youngstown State, Bowling Green, and Kent.
- ***Why is the policy only for the cardio & strength areas?*** In other areas such as the group exercise studios there is the proper amount of time for the disinfectant spray to work and there is an anti-microbial barrier on the exercise mats. The risk of transmission is low on the track level as long as mats are wiped with provided disinfectant between users.
- ***What about the courts?*** Tank tops and sleeveless shirts are permitted on the basketball courts. However, members will be required to wear a shirt of some type – bare skins will not be permitted.
- ***Will the buildings temperature be changed?*** No, the building temperature is set at 68 to 72 degrees Fahrenheit.
- ***What types of diseases can be prevented with this policy?*** Bacteria and fungus are the most likely pathogens to be passed from skin-to-equipment contact in athletic settings. Infections include bacterial Staphylococcus aureus (staph), impetigo, methicillin-resistant Staphylococcus aureus (MRSA), and fungal ringworm.
- ***What other measures can I take to protect myself from skin-to-equipment disease transmission?*** Good personal hygiene is the best way to avoid infections! The following good hygiene practices will greatly reduce your risk of obtaining infection:
 - Wash your hands with soap and warm water often or use an alcohol-based hand sanitizer.
 - Keep cuts and scrapes clean and cover them with bandages until healed.
 - Do not touch other people's cuts or bandages.

- Do not share personal items such as towels or razors.

Additional protective measures for using athletic/fitness facilities:

- Clean workout equipment BEFORE and AFTER use with disinfectant spray.
- Keep a barrier between you and athletic equipment, such as a personal towel, athletic pants, and gloves when appropriate.
- Consider bringing your own workout gear such as exercise/yoga mat, boxing gloves, weight lifting gloves, racquet, goggles, towel, etc.
- Do not touch your eyes, lips, or nose while working out, or chew your nails.
- Take a shower after working out; wear shower shoes/sandals.
- Do not use the pool and spa if you have a cut or scrape, and cover any wounds that occur while at the facility (e.g., playing basketball).
- Report to staff anyone you see using facility with open cuts or wounds.
- Launder workout clothes and towel after each use.