

Dress Code Policy FAQ

- ***Why is the policy changing to shirts with sleeves that cover back and stomach?*** The dress code is changing 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.
- ***When does the change start?*** The change will begin 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 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.
- ***What happens if I forget a T-shirt?*** For the first 2 weeks members will be able to check out a t shirt from the fitness staff. If the shirt is not returned a fee will be assessed. After June 2nd, members who forget their sleeved shirts will need to return with one on their own or find an alternative activity for the day (e.g., track, courts, group exercise.)
- ***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.

Fitness management staff will host discussion sessions on Wednesday, April 30th from 5-6 pm in SRWC Rm. 246 and Tuesday, May 6th from 4-5 pm in the SRWC fitness floor level downstairs lounge for members who have questions about the new policy.