

Rule Alteration Proposal

As presented by Mo Barhamje

- Appropriate athletic attire is required to promote a clean and safe environment. While utilizing fitness facilities and programs within the RWC, users should follow these guidelines:
 - Jeans and cargo shorts/pants are not permitted
 - Clothing with any protruding metallic zippers, clasps, hooks, buttons and chains may not be worn
 - Athletic shoes or sneakers are required at all times. Footwear must be closed toe and have non-marking soles.
 - **Shirts must be worn at all times. Shirts or tops must fully cover the back, front and sides of the torso. Shirts that are manufactured or altered to expose abdominal area or ribcage are not considered appropriate.**

-Should be amended to say "Shirts must be worn at all times. Shirts or tops must cover the lower back, abdomen, and nipples. Shirts that are manufactured or altered to expose any of the above are not considered appropriate".

-It is also my personal suggestion that the above rule not be strictly enforced either. It should be left for the sake of having something to fall back on, however the primary concern of all RWC staff should be the safety of the students. They should not be vehemently concerned with the attire of the students as long as it is safe; the argument that a string tank top will catch a dumbbell and fall on a person bench pressing is invalid. If you're able to find ANY reported instance with video or photo evidence then the above statement will be retracted. It should also be noted that at the Avalon Park FAMILY-ORIENTED YMCA, females are well within their rights to workout in nothing but a sports bra covering their upper body. Whilst I'm not advocating that you actually specify the acceptability of this in your policies (however doing so would show a great advancement), this is the reason that it is suggested not to focus so much on the enforcement of a dress code, but rather the safety of the students. A female wearing a sports bra as her article of clothing to cover the upper body puts no one in harm's way.

- Shirts should be free of any offensive language or symbols
- Shorts must be long enough to cover the buttocks and groin area while exercising
- Swimming apparel is only permitted in aquatic facilities

- The RWC reserves the right to restrict the use of any apparel deemed unsafe or inappropriate. Users may be asked to adjust apparel or risk being asked to leave the facility.

-Should be amended to say "The RWC reserves the right to restrict the use of any apparel deemed unsafe or inappropriate within the confines of the above rules. Users may be asked to adjust apparel or risk being asked to leave the facility."

-Sadly, it is this rule that has been the gateway to allow such a misconduct to occur. This slight alteration is to prevent any over step in authority while still maintaining the ability to enforce a more reasonable dress code and still leaves leeway in place for the RWC to judge apparel that is not covered in the above rules.

Below are images of examples of shirts that should be acceptable at the UCF RWC







