



# Personal Training Policy

Joseph L. Alioto Recreation Center

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Within Saint Mary's College Joseph L. Alioto Recreation Center, personal training services, training instruction, and/or activities related to training another individual or group are only permitted by individuals that are specifically employed by Saint Mary's College for the purpose of training services or instruction.

Any individual, not currently employed by Saint Mary's College as a personal trainer or instructor, who is observed by Campus Recreation staff to be providing unauthorized personal training and/or instruction services to another individual in the Joseph L. Alioto Recreation Center may have their access suspended or revoked.

Personal training and instruction includes, but is not limited to, the following behaviors:

- Providing frequent equipment selection and adjustments for another individual.
- Writing or designing programs for another individual.
- Frequently explaining and providing exercise techniques or corrections for another individual.
- Guiding or following an individual in the facility and instructing what exercises to conduct and how to do so.
- Receiving compensation or personal gain of any kind for assisting another individual with their workout.

The responsibility of liability regarding personal training activities in the Joseph L. Alioto Recreation Center is managed by Campus Recreation. Enforcement is needed because management cannot adequately control personal training/instruction from individuals who are not employed by Saint Mary's. These individuals may not have academic, background, certifications, instruction ability, training or experience to correctly train others, putting the member at risk of injury. The College refuses liability for personal training or instruction not conducted by a Saint Mary's individual that is specifically employed by Campus Recreation for the purpose of training services or instruction.