



RECREATION & WELLBEING  
**FITNESS**

## **Personal Training Policies**

It is the University of Idaho Campus Recreation's policy that only those individuals specifically employed as Personal Trainers by the Student Recreation Center (SRC) are permitted to perform any type of personal training/instruction (one on one, partners, small group, etc.) within the SRC. Any individual not currently employed by the SRC as a personal trainer that is observed to be providing unauthorized personal training/instruction services to another individual in the SRC will have his/her SRC privileges suspended or revoked. Below is a non-exhaustive list of the type of behavior that is considered to be personal training/instruction:

- Providing frequent equipment selection and adjustments for another individual.
- Writing or designing programs for another individual.
- Frequently explaining and providing exercise technique or correction for another individual.
- Guiding or following an individual around the facility and telling him/her what exercises to perform or how to do so.
- Receiving compensation or personal gain of any kind for assisting another individual with their workout.

**Listed below are some reasons why personal trainers not employed by the SRC are not allowed to provide personal training/instruction within the SRC:**

- The SRC cannot adequately control the quality of personal training/instruction from individuals who are not employed by the SRC. These individuals may not have adequate academic background, ability, training or experience to correctly train clients, which may put facility participants at risk for injury.
- Individuals not employed by the SRC have not been trained by the SRC staff in regards to facility policies, rules, guidelines, procedures, or standards and therefore are unauthorized trainers.

All SRC policies are consistent with the University of Idaho policies regarding discrimination (*see* FSH 3200, 3210, 3215). Failure to comply with this and other SRC policies may result in suspension or permanent loss of SRC privileges.