



WELLNESS CENTER GUIDELINES

1. There is NO FOOD, DRINK OR GUM at any time in the Wellness Center. Water bottles are acceptable.
2. Personal belongings should be placed in cabinets. We are not responsible for lost or stolen items.
3. Proper exercise attire must be worn. This includes; shorts (sweats), T-shirt, socks and sneakers.
4. All participants should have a TOWEL to wipe down equipment after use.
5. No horseplay.
6. Proper warm-up and stretching before work out is necessary.
7. Use equipment properly.
8. Make sure sneakers are not wet or muddy.
9. Notify supervisor if equipment is in need of repair.

FREE WEIGHT AREA

1. Always use spotters.
2. Make sure collars are secure.
3. Do not drop weights on floor or lean plates against wall or machines.
4. Remove all plates from bars and place on storage racks when finished.
5. Place all dumb bells on proper storage racks.

MACHINE AREA

1. Make sure pins are securely in place before lifting.
2. Keep hands and loose clothing away from weight stacks, cables and pulleys.
3. Do not bang weight stacks.
4. Multiple set users must yield the right way to individuals completing a circuit.

CARDIO AREA

1. Warm up properly before beginning an aerobic workout.
2. Sign up on appropriate clipboard for the piece of equipment you want to use.
3. 20-minute time limit when people are waiting.
4. Wipe down equipment when finished.

SAFETY

1. Fitness equipment is NOT to be used without the supervision of a properly trained Wellness Center staff member.
2. All rules and regulations listed above are to be followed.
3. Abuse of rules and regulations will result in denial of Wellness Center privileges.
4. Only people exercising will be allowed in Wellness Center. No spectators or children under 13 years of age.
5. Do not use equipment that is broken.
6. Report any damage to supervisor.
7. Report any injuries immediately to supervisor.

CLEAN-UP THE CONCLUSION OF YOUR CLASS OR SESSION

1. Return all free weight plates and dumb bells to proper storage racks. Do not leave plates on the bars, on power racks, on smith machines, on the floor or leaning against equipment or walls.
2. Olympic bars are to be stored properly.
3. Do NOT move the equipment. All equipment is placed in a specific place for a reason.
4. Please check the cables, plates and other areas for damage. If you see a problem, notify a supervisor immediately.
5. Respect the equipment. Do not abuse it.