

Wellness Center Policies

1. **Patrons are responsible for complying with all policies stated hereafter.** An NGCSU Wellness Center Patron is defined as an NGCSU student, NGCSU faculty/staff member, NGCSU faculty/staff dependant, or an NGCSU continuing education member. Patrons are only allowed in the facility during normal operating hours.
2. **All patrons must present their NGCSU I.D. card at the staff desk upon entering the facility.** Staff members on duty will swipe the card through the computer system to insure that the patron is a valid member. Continuing education members must pick up their I.D. cards from the Continuing Education Department before their initial visit.
3. **Wellness Center staff** shall monitor overall room conduct and use of equipment including the sound system, televisions, and thermostat. Patrons may not adjust sound system, thermostat, or move any equipment.
4. Backpacks, book bags, fanny packs, purses, and gym bags must be kept on the designated areas and may not be carried around the Wellness Center. **Wellness Center Staff and the Department of Recreational Sports are not responsible for lost or stolen items.** Patrons are responsible for all valuable and personal items. Lockers are available and are recommended.
5. **No food, drinks, or chewing gum are permitted in the Wellness Center.** The only exception is water in a sealed container or bottle. A water fountain is available in the facility. Water bottles are to be kept in a designated area away from all facility equipment.
6. **Proper workout attire is required. NO STREET CLOTHES ARE ALLOWED.** Athletic attire and athletic shoes are required—no sandals, denim clothes, or skirts allowed. Shoes must have a rubber sole and must be laced and closed-toe. No apparel with rivets or other decorations that may tear upholstery may be worn. Shirts must cover the mid-drift (no sports bras).
7. **It is recommended that all patrons bring a clean towel** to wipe down benches, upholstery, machines, and cardiovascular equipment after each use.
8. Only valid patrons are allowed in the Wellness Center. NO EXCEPTIONS. **No one under the age of 18 is allowed in the Wellness Center.**
9. Respect for equipment, facilities, and staff must be demonstrated at all times.
10. Bars, weights, and dumbbells must be returned to the proper plate holders or rack after each use.
11. Slamming or dropping dumbbells or weight stacks is strictly prohibited.
12. No equipment shall leave the facility at any time unless prior approval has been obtained by the Recreational Sports Office, located at 022 Memorial Hall.
13. **SPOTTERS** must be utilized when necessary on all free weight equipment.
14. **WEIGHT COLLARS** must be used on all bars at all times.
15. **Immediately report** any Wellness Center-related injury or equipment irregularity to the staff member(s) on duty.
16. Wellness Center staff will assist patrons with the operation of equipment of which is unfamiliar and in order to prevent patrons from unsafe equipment usage.
17. Time is limited to 30 minutes on all cardiovascular equipment when someone is waiting.
18. **Patrons must follow all Wellness Center policies and demonstrate courtesy towards others in the facility at all times. Patrons must maintain proper fitness center etiquette at all times.**