



## Usage Guidelines

1. Every Student, Faculty, or Staff, and Alumni, *MUST* check in using their I.D.
2. Hang book bags, jackets, loose clothing on hooks or use the lockers in the locker room outside of the Wellness Center.
3. Appropriate attire required at all times.
4. This is a tobacco-free facility.
5. Foul language is prohibited.
6. Dropping or banging the weights is prohibited.
7. Please re-rack weight plates and dumbbells correctly.
8. Safety clips required on all free weight equipment.
9. You must use a spotter for all free bar lifts.
10. Please limit your workouts to thirty minutes on all pieces or cardiovascular equipment if others are waiting.
11. No weight equipment (bars, plates, dumbbells, etc.) may be removed from the Weight Room for use in another area.
12. Weight Room equipment may not be modified or used in a way in which it was not designated.
13. All equipment must be checked out at the Member Services desk with an I.D.
14. Return all checked out equipment when finished.
15. The instructions from the Wellness Center staff must be followed at all times. Failure to follow usage guidelines or instructions from the staff may result in your immediate removal from the Wellness Center. There will be a fine for rude or disruptive behavior. Your I.D. will be confiscated and a \$25.00 fee will be charged to you. This must be paid in the business office in order for you to receive your I.D. back.
16. For assistance or to report facility problems and injuries please contact a Wellness Center Instructor or go to the Member Services Desk.
17. An orientation to the use of the equipment and proper lifting techniques for free weights and other various equipment is available by contacting the Wellness Center Coordinator.
18. The TREADWALL is a climbing simulator. You must have a spotter at all times. There is an instruction booklet available at the member services desk.
19. During busy hours the students have precedence on the equipment.

**Please help to maintain our facility!**

1. No food or drinks are permitted in the work out areas except sport bottles.
2. No chewing gum.
3. Wipe down all seats, benches, arm rests, and hand holds after each use. Use the antibacterial wipes and hand sanitizer provided.
4. Workout towels are provided at the Member Services desk and are to remain in the Wellness Center.
5. Spitting is prohibited.
6. Pick up your trash etc.
7. *Stay home* if you are ill to prevent the spread of any illness.

**Appropriate Workout Attire**

1. **Full shirt with sleeves worn appropriately** – Inappropriate: Sleeveless shirts, altered shirts, tank tops, muscle shirts, sports bras as tops, shirts exposing midriff
2. **Shorts or Pants** – Inappropriate: Jeans, clothing with zippers or rivets
3. **Rubber soled shoes** – Inappropriate: Sandals or sport sandals, flip flops, deck shoes, dress shoes, boots

**FEES**

*\*Immediate family includes: spouse and children*

*\*Fees include one full year and must be paid in full*

*\*Children 13 to 17 years of age must be accompanied by an adult*

*\*Must have an I.D.*

**Alumni**

*Individual-* \$150.00

*Spouse-*\$150.00

*2nd Family member-*\$150.00

**Faculty and Staff**

*Spouse*

*Free*

*2nd Family member*

*Free*

**Student Spouse**

\$150.00

## Wellness Center Safety Regulations

**Warning: Serious injury can occur if struck by falling weights or other moving parts. You assume a risk or injury using this type of equipment. The risk can be reduced by always following these simple rules.**

- Persons with serious medical conditions should consult their physician before using weight equipment.
- To reduce the chance of injury, keep head and limbs clear of weights and moving parts at all times. (Do not be careless. Stay alert.)
- Maintain at least 5 inch clearance between head and weight stacks in bench work.
- Selector keys must be fully inserted and locked. (Substitute keys may cause weights to fall unexpectedly.)
- If weights, pulleys, or other parts become jammed, do not attempt to free alone as weights may fall unexpectedly – obtain supervisory assistance immediately.

### Notice

**You will be liable for any damages due to misuse of the Wellness Center or equipment. Failure to abide by these regulations will result in the suspension or your privilege or use of the Wellness Center area – not to mention serious injury that could occur. *The University of Great Falls is not responsible for any injuries sustained from use of the Wellness Center facility.***

Sign \_\_\_\_\_ Date      -      -  
This document **must be signed and turned in to the Wellness Center Desk** prior to any use of the Wellness Center facility.      *Thank you.*