



## Wellness Center General Polices

The Bruce and Graciela Wellness Center provides a safe and clean environment for members to participate. In order to provide the best experience, we ask that each of the member abide by our rules and policies for the gym and recreational sports. Failure to abide by our policies and rules can result in loss of access to the facility.

All programs and activities offered are on a voluntary participation basis and carry various degrees of risk or injury. Members assume sole responsibility to be knowledgeable of his/her own physical condition when participating in any activity.

- You must have an active MSU ID card to enter into the facility. You will not be allowed in the gym without an active MSU ID card.
- You can check out a towel/equipment at the front desk with your MSU ID.
- Appropriate attire must be worn at all times. (i.e. must wear a shirt, shirts must not be low cut or expose too much, cannot wear spanx/tight short shorts, inappropriate leggings, must wear tennis/athletic shoes-no cleats or going barefoot in the gym are allowed)
  - **The Wellness Center staff reserves the right to determine if attire is appropriate for gym use.**
- No one under the age of 18 is allowed in the facility, including guests.
- ~~Guest must have a valid ID with age (i.e. driver's licenses) to enter into the facility.~~
- No gum, food, or drinks (except for water bottles) are allowed in the gym.
- MSU Texas is a tobacco-free campus. No tobacco is allowed in the facility.
- Clean up your machine after you are finished. We have gym wipes throughout the facility.
- Please report any equipment problems or malfunctions to the front desk or administration office.
- The Wellness Center is a controlled access facility. Please use the north or east entrance to enter the building. Other exits are for emergency use only and are monitored by cameras and alarms.
- No personal speakers are allowed in the gym. If you listen to music, please wear your headphones.
- We do not allow disruptive, intimidating, or threatening behavior in the gym. Therefore, non-compliance and disorderly conduct will not be tolerated. Please be courteous with others using the facility.



### Weight Area Rules

The Wellness Center staff are available for free weight area orientation. We ask that you are respectful to others and our equipment in the area.

- No slamming weights (i.e. dropping dumbbells, slamming weights during deadlifts/other exercise, etc.). Our weights are not designed to be dropped. You will be asked not to drop or slam weights by our staff. Repeated warnings could result in loss of gym access.
- Re-rack your weights and dumbbells when you are finished. We have a limited number of benches and squat racks. When you are finished, please put your weights back.
- Gym chalk is prohibited in the gym.
- Please ensure that the area is free of personal items and bags. We have cubby storage and a locker-room for your belongings.
- If you move dumbbells, medicine balls, or straight bars to another part of the gym, be sure to put them back when you are finished.
- Spotters are strongly recommended when lifting all free weights.
- No bouncing the mechanism or dropping circuit roped equipment.

### Cardiovascular Training Area

The Wellness Center offers a variety of cardio equipment such as stair-steppers, ellipticals, arc trainers, treadmills, and various bicycles.

- Please clean equipment with a gym wipe after each use. Towels are available for check-out at the front desk. This ensures proper cleanliness of equipment.
- Please use the equipment for the intended use.
- Please report any issues with equipment to the front desk or administration office.

### Equipment Check Out

The Wellness Center has a variety of equipment to check out at the front desk, including, but not limited to exercise bands, basketballs, soccer balls, volleyballs, badminton sets, etc.

- To access the equipment, please leave your MSU ID with the front desk staff. You will receive your ID back when you return the equipment.
- All equipment must be returned in the same condition it was checked out. Failure to do so may result in a charge that will be placed on your student account to reimburse the department for the damaged equipment.



### Indoor Track

The Wellness Center offers an indoor track. One mile=approximately 11 laps.

- The indoor track is for runners, walkers, and wheelchairs.
- All other activity on the track is prohibited.
- All walkers should position themselves to the outside of the track; runners to the inside.
- Signs indicate the daily directional flow or track.

### Pool Policies/Rules

The Wellness Center offers a beautiful infinity edge pool for our members. The pool is typically open from mid-April to the end of September/October, pending the weather.

- The following pool rules are posted outside as well.
- No swimming without a lifeguard on duty.
- All swimsuits must be appropriate. No thong bottoms, speedos, or swimming suits that are revealing.
- Shower in the locker room or outside shower prior to entering the pool.
- No jumping or diving into the pool.
- Flotation devices are prohibited.
- No food, gum, glass, or metal container are allowed in the pool area. Water is permitted in plastic containers.
- We strongly recommend sunscreen use while in the pool area.
- No running in the pool area.

### Group Fitness Classes

The Wellness Center offers a wide variety of group fitness classes. We have trained instructors to help guide you through each of the classes with modifications as necessary.

- No prior sign up is required. Check the schedule to see which class you would like to attend.
- Please do not disrupt a class if it is in session. This is distracting for the instructors and members.
- All of the equipment is provided for the classes. You can bring your own Yoga mat.



## Basketball Courts

The Wellness Center offers two full-sized basketball courts for free play. Court access is on a first-come, first-serve basis. Courts can be reserved for student organizations. Please contact the Wellness Center office for more details.

- Other than scheduled, approved organized activities, court play is on a first-come, first serve basis.
- Proper athletic attire is required at all times. This includes a shirt that covers the torso and non-marking closed toe shoes.
- Hanging on the rims, backboards, or nets is prohibited. If a staff member observes members hanging on the rims, they will be asked to leave the facility for the remainder of the day.