Policies, Rules, and Regulations

Area Specific Policies
G.1 General

- Water is permitted in plastic, closed containers only. No food, including gum, is allowed in any activity area at any time.

- All personal belongings are to be secured in a day use locker in the Wellness Center locker rooms or located in one of the cubbies located throughout the facility that is in your line of sight.

- The Wellness Center is not responsible for any personal items that are lost or stolen.

- Sandals and open toed shoes are not permitted in any activity area throughout the Wellness Center. Proper workout attire must be worn at all times. Wellness Center staff’s decisions concerning appropriate attire will be final.

- Please respect the facility and do not spit on the floors, walls or in the water fountains.

- Weight bars and dumbbells are intended for the weight floor surface only; they are not to be taken onto the terrazzo floor, gym space, or upstairs. Coated plates and jelly bells are acceptable weights to be moved to other areas due to the protective coating.

- Disruptive behavior (i.e. profanity, fighting, shoving, etc.) will not be tolerated. It is expected that guests will be courteous to staff and other guests.

- In the event of an injury or accident, please notify a member of the Wellness Center staff at one of our service desks immediately.

- Violations of these rules may result in loss of privileges and/or disciplinary action.

- Questions concerning these rules should be directed to the Wellness Center Management Team.
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G.2 Cardio Deck

- Please wipe down the machine, including your seat and hand rails prior to using equipment and when you are finished. Gym wipes are provided throughout the Cardio Deck and Fitness Floor.

- Personal towels are available for your use. Please place them in the towel return when finished.

- Please limit your workout to 40 minutes if someone is waiting for a cardio machine.

- Cell phones should not be used for while on the cardio deck. The only exception is if a cell phone is used as an MP3 player, then it may be utilized while using equipment.
G.3 Running Track

- Non-marking athletic shoes are appropriate for the track. No boots or spikes.
- The track direction changes daily. Counter-clockwise on the even days of the month and clockwise on the odd days of the month.
- Inside Lane = Walkers       Middle Lane = Joggers       Outside Lane = Runners
- Give right of way to people passing on the track.
- Stretching and warm-up exercises are to occur in the designated area only.
- The track cannot accommodate "recreational wheels" (skateboards, bikes, etc).
- The track is not an observation area; no one is allowed to stand on or block any lanes of the track.
- Cell phones should not be used for while on the cardio deck. The only exception is if a cell phone is used as an MP3 player, then it may be utilized while using equipment.
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G.4 Multi-Purpose Gymnasium

- Non-marking athletic shoes only.
- No dunking or hanging on rims or nets is permitted.
- No kicking or throwing of a basketball and/or other equipment towards the ceiling and/or track.
- Volleyball and badminton nets and standards will be set up and taken down by the Wellness Center staff only.
- Guests are not to turn on the lights or tamper with the panel boxes. Requests or problems should be referred to the Welcome Desk.
- Limited equipment is available for checkout at the Welcome Desk, with proper identification. If equipment is not returned, the Wellness Center will suspend the participant’s membership and charge the cost of the equipment to that participant’s UND account. The participant can not regain his/her membership until the charge is paid for.
- Open recreation basketball and volleyball have court priority, with the exception of events scheduled by RecSports or the Wellness Center.
- No food or beverages allowed. Water and sport drinks may be allowed in cubby areas.
- Use of informal activity spaces when not scheduled/reserved (including priority scheduling) is first come, first serve.
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G.5 MAC Courts

- Non-marking athletic shoes only.
- No intentional kicking or throwing of equipment towards the ceiling.
- Guests are not to turn on the lights or tamper with the panel boxes. Requests or problems should be referred to the Welcome Desk.
- Volleyball standards, badminton standards, hockey nets and tennis nets will be set up and taken down by the Wellness Center staff only.
- Limited equipment is available for checkout at the Welcome Desk, with proper identification. If equipment is not returned, the Wellness Center will suspend the participant’s membership and charge the cost of the equipment to that participant’s UND account. The participant can not regain his/her membership until the charge is paid for.
- The use of rollerblades and unicycles are allowed in the Multi Activity Court.
- Use of informal activity spaces when not scheduled/reserved (including priority scheduling) is first come, first serve.
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G.6 Fitness Floor (Weight Area)

- Free weights must be restacked and barbells and dumbbells must be returned to the racks after use. Do not place free weights near or against mirrors. Ask a Fitness Experience Associate for assistance if necessary.

- Know your limits. Do not lift beyond your capabilities. Use spotters when necessary. Wellness Center staff members are not allowed to spot. Only Wellness Center Personal Trainers may assist in spotting lifts only if and when the staff member is capable and comfortable with the weight being attempted and he/she has been asked to spot for safety purposes. At no time will a staff member compromise his/her own safety. Staff has the right to refuse service if they deem necessary. Personal Training staff is not on duty at all hours that the Wellness Center is open.

- Slamming or dropping of the weights will not be tolerated. In order to preserve the equipment and ensure the safety of all members, please choose an appropriate weight that will prevent you from slamming or dropping of the weights.

- Weight belts and/or other accessories can be checked out at the Fitness Desk with an ID card. If equipment is not returned, the Wellness Center will suspend the participant’s membership and charge the cost of the equipment to that participant’s UND account. The participant can not regain his/her membership until the charge is paid for.

- When crowded, do not occupy a select weight station for more than 10 minutes.

- Immediately report any facility/equipment irregularity to a member of the Wellness Center staff at one of our service desks.

- Please wipe down the machine, including your seat and hand rails prior to using equipment and when you are finished. Disinfectant and Gym wipes are provided throughout the Fitness Floor.

- No chalk is allowed on the weight floor.

- Most Olympic style weight lifting is NOT allowed in the Wellness Center. Acceptable lifts include: Front Squat, Full Squat, Overhead Squat, Jump Shrug, Shrug, Hang Pulls, Deadlift, and Dumbbell Snatch (Barbell snatch is not allowed). All acceptable lifts must be handled with control and performed in the power racks. Dropping slamming/clanking of the weights during these lifts is NOT allowed.

- Cell phones should not be used for while on the cardio deck. The only exception is if a cell phone is used as an MP3 player, then it may be utilized while using equipment.
G.7 Group Exercise (GX) Rooms

- Non-marking athletic and dance appropriate shoes only.
- Member must bring valid UND ID is required for entrance to all classes.
- Be there at the start of the class. The GX Class will be closed 5 minutes after the session begins, no entry allowed.
- If you should need to leave class prior to completion, choose a location near the door as to not disrupt the class.
- Equipment provided in a group exercise class (hand weights, mats, medicine balls, etc.) may not be taken out of the room in which the class is being held.
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G.8 Rock Climbing Wall

- No climbing without photo identification and climbing pass.
- All climbers must check in with the climbing wall staff before climbing. The wall is to be used only when staff-supervised.
- No climbing without shoes. (This means no climbing in sandals, socks or barefoot.) Shirts must be worn at all times.
- Loose clothing and jewelry must be removed before climbing and belaying.
- Observers, non-climbers and personal gear should not interfere with the safety of climbers.
- Climb within your limits.
- Loose Chalk is provided by the climbing staff and should remain in the climbing wall area. Participants may bring in their own chalk, but it must remain in the climbing wall area.
- The Wellness Center reserves the right to remove any person from the premises for unsafe or inappropriate behavior.
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G.9 Cycling Room

- Please wipe down the machine, including your seat and hand rails when you are finished. Towels and cleaning bottles are provided inside the Spin Room.

- Member must bring valid UND ID for entrance to all classes.

- Room is only available for use when a staff member is present i.e. an organized group exercise class or facility reservation.
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G.10 Demonstration Kitchen

- Room is only available for use when a staff member is present i.e. an organized cooking class or facility reservation. The kitchen is not for personal use.

- Member must bring a valid UND ID for entrance to all classes.

- For fee-based classes, payment is required before the start of the class. This can be paid at the Wellness Center Welcome Desk.