Area Specific Policies

F.1 Cardio Deck

- Participants must wipe down the machine, including the seat and hand rails prior to using equipment and when finished. Disinfectant and Gym wipes are provided. When using spray bottle and dry wipes, please spray the wipe and not the machine/equipment.

- Please limit workouts to 40 minutes on a piece of equipment during busy times.

F.2 Running Track

- Non-marking athletic shoes are appropriate for the track. No boots or spikes.

- The track direction changes daily. Check signs before entering track lane and look both ways before crossing the track. Members must give the right of way to track users before crossing.

- Inside Lane = Walk   Middle Lane = Walk/Jog   Outside Lane = Run

- Give right of way to people passing on the track and passer should use a safe distance to do so.

- Track is limited to walking, jogging or running only. Stretching and warm-up exercises are to occur in the designated areas.

- The track is not an observation area; no one is allowed to stand on or block any lanes of the track at any time.
F.3 Main Gymnasium

- Non-marking athletic shoes only.
- No dunking or hanging on rims or net.
- No kicking or throwing of balls and/or other equipment.
- 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.
- No food or beverages allowed. Water and sport drinks may be allowed in cubby areas.
- Use of informal activity spaces, when not scheduled/reserved, is first come, first serve.

F.4 Multi Activity Court (MAC)

- 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.
- The use of rollerblades and unicycles are allowed in the Multi Activity Court.
- Use of informal activity spaces, when not scheduled/reserved, is first come, first serve.
F.5  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 Fitness staff members are allowed to spot only if and when s/he is capable and comfortable with the weight being attempted. At no time will a staff member compromise his/her own safety. Staff has the right to refuse service if they deem necessary.

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

- Weight belts and/or other accessories can be checked out at the Fitness Desk with an ID card.

- When crowded, do not occupy a select weight station for more than 10 minutes. Please limit circuit workouts to Circuit Deck or at slower times of the day.

- 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. When using the spray bottle and dry wipes, spray the wipe. Do not spray the machine directly.

- No chalk is allowed on the weight floor.

- Most Olympic & Powerlifting style weight lifting is NOT allowed in the Wellness Center due to user safety concerns. Acceptable lifts include: Front Squat, Full Squat, Overhead Squat, Jump Shrug, Shrug, Hang Pulls, Deadlift, Bench Press. 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. Only deadlifts are permitted on the raised platform.
F.6 Group Exercise (GX) Studios

- Room is available for personal use when classes are not held. Shoes must be worn at all times & blinds are to remain open.

- Non-marking athletic and dance appropriate shoes only. Bare feet are only permitted during Yoga Classes.

- Member must bring valid UND or Wellness Center ID to be admitted to all classes and must swipe in prior to the start of class.

- Arrive prior to the start of the class. The GX Class will be closed 5 minutes after the session begins, no entry allowed.

- If there are not enough participants to hold a class (less than 2 participants after 5 minutes of the start of the class), the class will be cancelled for the day.

- For safety purposes classes class sizes will be limited to the numbers indicated below:
  - Yoga – 40 participants
  - Muscle Pump/Weight Training – 25 participants
  - Zumba/Dance – 50 participants
  - Abs/Core – 40 participants.

- 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.

- Equipment within the closets of the GX Studio is limited to classes or personal training sessions only.
F.7  Rock Climbing Wall

- Only staff and approved, belay-trained participants are permitted to belay climbers.
- 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, “toe shoes”, 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.
- Only Rock Wall Staff are allowed to alter or set climbing routes
- 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.

F.8  Cycling Studio

- Room is available for use only when a staff member is present (i.e. an organized group exercise class or facility reservation.)
- Members must bring valid UND ID or Wellness Center to be admitted to all classes and must swipe in prior to the start of class.
- Please wipe down the machine, including your seat and hand rails when you are finished. Towels and disinfectant wipes are provided inside the Cycling Studio.
- Arrive prior to the start of the class. The Cycling Studio will be closed 5 minutes after the session begins, no entry allowed.
- If there are not enough participants to hold a class (less than 2 participants after 5 minutes of the start of the class), the class will be cancelled for the day.
F.9 Culinary Corner Demonstration Kitchen

- The Demonstration Kitchen is only available for programming (i.e. organized cooking classes or facility reservations) use. A staff member must be present at all times. The kitchen is not for personal use.

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

F.10 Circuit Deck

- Weight Machines are to be used as a circuit only. Participants may join circuit at any time by utilizing an unused machine. When signaled, participants will move to the next machine to their right.

- Follow the light indications
  - Green – perform exercises; Red – Rotate to next machine

- Complete the circuit 2-3 times for most effective workout

- Know your limits. Do not lift beyond your capabilities

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

- 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. When using the spray bottle and dry wipes, spray the wipe, and then wipe the machine. Do not spray the machine directly.