

# GUIDELINES

## EXERCISE ROOM

**Be Alert! The Fitness Equipment in this facility presents hazards which, if not avoided, could cause serious injury or death.**

- Equipment malfunction should be reported to the staff immediately.
- Participants are required to follow any restrictions or recommendations of their personal physician in connection with their exercise programs. **Participants who suffer any injury, illness or other change in medical condition, whether personal or work-related, should consult with their personal physician before initiating or continuing any exercise program.**
- All MSU Wellness Center members must refrain from any actions which have a disruptive or negative effect on other participants (i.e. abusive language).
- Ask Wellness Center Staff if you are unsure how to operate equipment.
- **Do not allow weight stacks to slam when lowering.**
- You may be expelled from the facility immediately if you misuse any equipment or facilities. If you fail to leave when asked, University Police will be contacted.
- Keep the facility flow path clear; remove any obstructions.
- The on-duty staff has authority over all room conduct and use of equipment.
- If you are asked to stop doing a contraindicated or dangerous exercise and do not refrain from doing it, you may be asked to leave the Wellness Center.
- Jumping rope is not permitted in the exercise room, on the tennis courts or on the track.
- Keep feet off the walls.
- Please sign up for cardio equipment use at the front desk.
- The MSU Wellness Center reserves the right to request anyone to immediately leave the facility and or immediately revoke membership privileges for failure to comply with the above mentioned guidelines.