

GUIDELINES

LOBBY

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

- Each participant is required to check in before exercising in the MSU Wellness Center. **Students must present MSU photo I.D.** All other members must show a current photo ID. F/S do not need to show an ID.
- **Participants of the MSU Wellness Center must be at least 18 years of age unless enrolled as a student. Enrolled students under the age of 17 will be permitted to use the facility with all appropriate paperwork and parental consent.**
- **It is required to have a towel when working out in the facility.** You may bring your own or rent ours for \$.10. Please do not take towels out of the facility.
- Food and beverages, excluding water in a clear container, are not allowed in the facility. Smoking, tobacco chewing, and gum are not permitted in the facility.
- Please, immediately report any injuries, cuts, etc. incurred in the Wellness Center so that proper cleaning, first aid, and precautions may be taken by the staff.
- NO loitering in the building, this includes, coaching, supervising, observing or personal training of members or athletic teams.
- Coats must be stored in the provided areas in the lobby or locker room. All other personal items must be stored in lockers. One time use lockers are for workout time only. Do not leave articles in these lockers. Articles will be retained in the Fitness Facility for 1 week. MSU Wellness Center Staff are not responsible for lost or stolen articles. Lockers are available to rent on a yearly basis. No personal locks allowed (they will be cut off without warning).
- All MSU Wellness Center members must refrain from any actions which have a disruptive or negative effect on other participants (i.e. abusive language).

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- Conservative exercise attire is required. Shoes and shirts must be worn by members at all times. Blue jeans, jean shorts, work clothes and uniforms, steel tipped shoes, and work boots are not permitted. Shorts must cover the entire buttock area including when bending over. Shorts must cover the naval area completely. Sports bras may be worn without a top covering them as long as you cannot see through them. If a participant fails to wear the appropriate clothing, he/she may be asked to change into appropriate attire or leave the facility. Athletic shoes must be worn. Sandals & flip-flops are not permitted.
- There is a courtesy phone in the vestibule.
- No one is allowed in the training facility without a qualified supervisor present. Those individuals with entry keys must be on work related business if letting themselves into the facility. Individuals with master keys (other than WC employees) are not allowed to work out while facility is closed.
- Alcohol, drugs, and banned substances are not allowed in the training facility.
- Please do not use cell phones while exercising.
- Do not spit in the facility or bring spit cups for smokeless tobacco.
- **All guests must sign all appropriate paperwork.** Guest must be 18 years of age or older and will be required to show proper ID for verification of age. Guest fee is \$5 per visit.
- **No children (Anyone under 18 that is not an MSU student) allowed.** Please do not bring your child to the Wellness Center while you are working out. We do not have a child care facility and our employees cannot be responsible for your child.
- Any and all fees paid to the Wellness Center are NON-REFUNDABLE.
- Participants must support and abide by MSU Wellness Center policies.

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- Ten parking spaces in the front of the facility are provided for members working out in the facility. You must sign the parking log provided at the front desk if you use one of these spaces.
- Please sign up for cardio equipment use at the front desk.
- A member may be asked to sign an incident report for frequent and/or severe rule violations when deemed necessary by Wellness Center management.
- 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.