

Wellness Center Guidelines & Rules of Usage

- 1. Lake Superior College photo ID (Students and Staff) required to utilize the Wellness Center. Must swipe in to use the center & electronically sign the waiver form & agree to the Wellness Center rules.**
- 2. Check in and check out at the front desk.**
- 3. Hours of operation: Monday-Thursday 7am-7pm & Fridays 7am-7pm. Access to Center is only allowed when open and staffed. We will be closed during school closures, holidays, and for unforeseen circumstances. Times are subject to change.**
- 4. LSC Staff must pay staff fee prior to usage & acquire a Wellness Center Member Badge in Student Life.**
- 5. Proper exercise clothing & attire is required, i.e., athletic shoes designated for the Wellness Center (must be clean), full coverage shirts, sweatshirts, athletic pants/shorts. Clothing and shoes must be clean. You will not be allowed to use the Wellness Center in street clothes. Inappropriate clothing includes but is not limited to, sandals, flip-flops, and jeans. Shirts should cover full chest and back to prevent MRSA, ringworm, shingles, and other skin related infections etc. from being passed from skin to pad/mat contact.**
- 6. Locker rooms are to be used to store clothes, bags, & personal items. Lock up all items with personal lock (locks must be removed after use of Wellness Center session). The Wellness Center Staff and LSC are not responsible for lost or stolen belongings.**
- 7. Wipe down all equipment after each use. Sanitizing wipes are located throughout the facility.**
- 8. Abuse of equipment will not be tolerated. This includes dropping dumbbells, weight plates, and allowing weight stacks to fall in an uncontrolled manner. Collars are to be used on bars at all times. Re-rack weight plates and return equipment to proper place after use. Use spotters.**
- 9. Be respectful and courteous to others & Wellness Center staff.**
- 10. Any open cuts or abrasions must be covered. If you have any contagious skin infections or open wounds not covered, you must refrain from using the Wellness Center until cleared by your physician. In addition if you are suffering from respiratory flu or stomach flu, please refrain from using Wellness Center until you are 24 hour fever free and cleared by your physician.**
- 11. See staff immediately if bodily fluids come into contact with equipment or facilities and notify Safety & Security.**
- 12. No inappropriate language, grunting, or loud noises.**

13. No food or drink allowed in the Wellness Center. Only water in plastic or stainless steel containers with lids allowed.

14. No loitering.

15. No photography allowed in the area.

16. Report all broken or malfunctioning equipment to Wellness Center staff or director immediately.

17. A variety of music is played to accommodate all individuals. Televisions stations will be monitored by staff

18. Orientation sessions are available upon request by appointment only with Wellness Center Staff.