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 blue cleaning towels are provided. Please spray the towel 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, heels or spikes.
- Jeans or zippered or metal riveted shorts or pants are permitted on the track only. 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. No dumbbells, barbells, kettlebells, lunges, calisthenics, etc. are permitted on the track. 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.
- Please do not kick basketballs or volleyballs. Repeated issues will result in equipment check-out privileges being revoked.
- 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.
- Weights, barbells, battle ropes and other fitness equipment are not allowed.
- 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)
o Non-marking athletic shoes only.

o No intentional kicking or throwing of equipment towards the ceiling.

o Guests are not to turn on the lights or tamper with the panel boxes. Requests or problems should be referred to the Welcome Desk.

o Volleyball standards, badminton standards, hockey nets and tennis nets will be set up and taken down by the Wellness Center staff only.

o 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)

o 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 Service Associate for assistance if necessary.

o 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 capable and comfortable with the weight being attempted. At no time will a staff member compromise safety to self or others, and as such has the right to refuse service if necessary.

o 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.

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

o 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. Allowing others to alternate sets is encouraged.

o Participants must wipe down the machine, including the seat and hand rails prior to using equipment and when finished. Disinfectant and blue cleaning towels are provided on the fitness floor. Please spray the towel and not the machine/equipment.

o No chalk is allowed on the weight floor.

o Most Olympic & Powerlifting style weight lifting is NOT allowed in the Wellness Center due to user safety concerns. All acceptable lifts must be handled with control and performed in the power racks. The only acceptable lifts are:
  • Front Squat
  • Full Squat
  • Overhead Squat
  • Jump Shrug
  • Shrug
  • Hang Pulls
  • Deadlift
  • Bench Press.
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.
- Non-marking athletic and dance appropriate shoes only. Bare feet are only permitted during Wellness Center Instructor-led Yoga or Barre Classes.
- Group Exercise Passes must be purchased before being admitted to each class. The pass will be linked to the membership or UND ID.
- 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.
- Jeans are permitted to climb the wall
- 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.
o Climb within your limits. Bouldering is only permitted to the red dashed line on the wall.

o 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.

o Harnesses and shoes are available for checkout from Rock Wall Staff.

o The Wellness Center reserves the right to remove any person from the premises for unsafe or inappropriate behavior.

F.8 Cycling Studio

o Room is available for use only when a staff member is present (i.e. an organized group exercise class or facility reservation.)

o Group Exercise Passes must be purchased before being admitted to each class. The pass will be linked to the membership or UND ID.

o 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.

o 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.

o Arrive prior to the start of the class. The Cycling Studio will be closed 5 minutes after the session begins, no entry allowed.

o 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

o 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.

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

F.10 Circuit Deck

o 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 the right.

o Follow the light indications
  • Green – perform exercises; Red – Rotate to and set up next machine

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

o 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.

Participants must wipe down the machine, including the seat and hand rails prior to using equipment and when finished. Disinfectant and blue cleaning towels are provided in the Circuit Deck. Please spray the towel and not the machine/equipment.

F.11 Quiet Lounge

The quiet lounge is intended for meditation, relaxation and quiet studying.

Group studying is not permitted in the quiet lounge. The Resource Lounge and classrooms can be utilized for group work if available.

Exercise equipment is not permitted in the quiet lounge, unless first approved by Wellness Center Leadership.

F.12 Heavy Bag/Speed Bag

Hanging from or swinging the bags is not permitted.

Shoes must be worn at all times

Sparring, wrestling, martial arts throws and other intensive physical contact activities are not allowed.

Feet and hands must be covered when striking bags

Gloves and Boxing Pads are available for check out at the Fitness Desk with valid ID

F.13 Outdoor Courts

Wellness & Health Promotion events, approved activities and use by the UND community take priority. Direct reservation inquires to 701.777.WELL (9355) or UND.wellnesscenter@UND.edu

Please report injuries, or any broken, missing, or dangerous equipment or surfaces to the Wellness Center as soon as possible.

Please secure all personal items. UND is not responsible for any lost or stolen items.

Glass containers are prohibited.

Roller blades, skateboards, bicycles or other vehicles prohibited on the courts.

No dunking on the basketball hoops.

Users must wear appropriate recreational shoes.

Foul language, alcohol and tobacco are prohibited.
- An adult must accompany children under age 18 at all times.
- Equipment may not be placed on or removed from the courts without advance approval from the Wellness Center.
- Pick up after yourself, trash included.
- Pets are not allowed on the courts or in the perimeter area. Owners must clean up after pets.
- The courts close at dark.
- Outdoor basketballs, volleyballs and tennis equipment are available for check out to Wellness Center members at the Wellness Center Welcome Desk (UND ID required).
- If you believe you have lost something near the court, please check at The Wellness Center or University Police.

## F.14 Locker Rooms

- The Wellness Center has 4 locker rooms, all located on the first floor.
  - 1 Men’s locker room
  - 1 Women’s locker room
  - 2 Gender neutral locker rooms
- Half and full size lockers will be available to rent on a first-come, first-serve basis for all members. Lockers may be renewed the month of expiration, no sooner.
- If not renewed before current rental period ends, the lockers will become available for rental. Locker contents will be removed and stored at the Welcome Desk for two weeks. If the contents are not picked up after two weeks, the contents will be donated to charity. No compensation to the locker owner will be given if the items have been donated to charity.
- Locker sales will not be prorated.
- Locks are provided; renters must use the lock provided.
- Locks that are not removed by the end of the night on day-use (non-rental) lockers will be removed, and the contents found in the locker will be handled as lost and found.