

## WELLNESS CENTER

### Policy:

Pearl River Community College will provide a safe and healthy environment suitable for exercise and the enjoyment of physical activity.

### Procedure:

Adherence to the following guidelines will help ensure safety as well as proper use and care of the equipment and facility.

1. You must be at least 16 years of age to use the facility, present your PRCC ID/community membership card, log-in upon entering the facility, and log-out as you leave the facility.
2. Proper clothing is important for safe and enjoyable exercise. Quality shoes are highly recommended. Proper footwear can help prevent foot and leg problems. The following dress code applies when using equipment such as treadmills, bicycles, stair steppers, weight machines or free weights, or when participating in a group exercise class.

### Dress Code:

- Athletic clothing including short and long sleeve t-shirts, tank tops, gym shorts or pants. Shirts/tops must cover abdomen.
- Athletic shoes, worn with socks, including running, walking, cross training, and aerobic shoes.

The following is required for use of the walking track:

- Athletic shoes, worn with socks, including running, walking, cross training, and aerobic shoes.
3. Bring and use a towel. Towels will not be provided. All participants are expected to maintain proper personal hygiene when using the equipment and the facility. Wipe off perspiration from each piece of exercise equipment as you move through your workout.
  4. Proper conduct is expected while you are in the facility. Foul language, harassment of any kind, and other conduct considered improper by the College or Wellness Center staff are not allowed. Any case of improper conduct will result in disciplinary action.
  5. The Wellness Center is not responsible for personal items brought into the facility. DO NOT bring valuable items into the facility. Lockers are available for your use while you are in the facility. Remove your belongings when you have completed your workout. Locks are available at the front desk to secure your locker. Since space is limited, these lockers will not be issued out or assigned to individuals for permanent use.

6. Cell phones are permitted only on the walking track, in the lobby, and in locker rooms. Phones must be kept on silent or vibrate while in the Wellness Center.
7. Food, drinks, and chewing gum are allowed in the lobby only. There are water fountains around the perimeter of the workout area and in the locker rooms. Drink water before, during and after exercise to maintain adequate hydration. No tobacco of any kind (including smokeless tobacco) will be allowed in the facility or within 15 feet of the entrance to the Wellness Center. Pearl River Community College prohibits the unlawful possession, use, or distribution of illicit drugs and alcohol on college property or as any part of its activities.
8. Proper use of each piece of equipment is expected. Weight machines and free weights should be used with proper form and in a slow, controlled manner. A spotter may be required and is recommended when lifting heavy weights. Report any equipment that is not working properly to a staff member.
9. Guests can use the facility up to three times per semester free of charge. Visits beyond three days will require a semester membership. A guest must be 16 years of age to use the facility. Any guest under the age of 18 must have a consent form signed by a legal guardian. A guest must present a driver's license and guest pass to enter the facility. Each guest must fill out a health history and sign a consent form before exercise. A doctor's clearance may be required before an individual may participate. A guest must meet with the instructor of a group exercise class prior to attending. All guests must abide by the policies and procedures of PRCC.
10. Any other rules or regulations stated in the Student Handbook not specifically covered by this policy are applicable.