



WELLNESS CENTER POLICIES

GENERAL

- Current and valid UNK I.D. card, membership card or UNK Rec App barcode required to enter.
- Visitors must pay guest fee, sign waiver & present a photo I.D. Non-UNK affiliated guests must be sponsored by UNK member.
- Roller blades/skates, scooters, and skateboards may not be used in the facility.
- Members and guests may not provide personal training services, nutritional products, lessons in fitness, or other goods and services on the premises.
- Animals are not permitted in the facility, except trained service animals as defined by the Americans with Disabilities Act (ADA).
- Minors aged 18 and younger are only permitted to use Cushing gyms and the Climbing Wall. However, children of any active members are allowed to use the Wellness Center. In all cases, minors must be accompanied and directly supervised by an adult age 19 years or older.

SAFETY

- The possession, use and/or distribution of alcoholic beverages, drugs, tobacco products, and dangerous weapons are not allowed in any facility, as defined by the University's Student Code of Conduct. Vapor and e-cigarettes are prohibited.
- Campus Recreation is not responsible for any personal items left unattended and/or unsecured in any facility. Personal items can be secured in day-use lockers or rented lockers. Items turned in as lost will be logged. Unclaimed items are periodically cleared from the facilities. Personal belongings, including bags, should be kept in designated areas and not in the cardio and strength areas.
- No striking, kicking, or hitting of other patrons or staff.
- Unsportsmanlike conduct and the use of profanity are prohibited. Campus Recreation reserves the right to remove individuals from recreation facilities and to revoke membership based on that individual's actions. Failure to comply with the directions of the staff and/or failure to identify oneself when requested to do so will result in individuals being removed from the facility.
- Do not engage in any activity that will endanger yourself or other patrons.

FACILITY AND EQUIPMENT

- Only spill-resistant and shatterproof drinking bottles are allowed in activity spaces.
- Use personal equipment according to the manufacturer's instructions and at your own risk. Personal equipment must not mark or damage any facilities.
- Re-rack all weights and attachments to their proper location.
- Refrain from dropping weights excessively.
- Do not modify equipment, use equipment for the purpose it was designed.
- Must use collars/clips on all free bars.

ETIQUETTE

- Unwanted recording, photography, and other multimedia of patrons is not permitted in Campus Recreation facilities. Employees of Campus Recreation reserve the right to monitor multimedia activity and regulate/restrict it as they see fit. Recording or photography is prohibited in restrooms and locker rooms.
- Wipe down & clean equipment after use with disinfectant wipes (provided in exercise areas).
- Clean, appropriate athletic attire must cover the chest and buttocks. A sports bra does not constitute a shirt. Attire that could cause damage to equipment is prohibited.
- Athletic (non-marking) shoes are recommended for recreational activities. Metal on the bottom of any footwear is prohibited in all facilities (spikes, taps, etc). No sandals, open-toed shoes, or boots are allowed during activities. Boots and shoes with heels are prohibited on all wood floors during activities.
- Lifting or stretching with your shoes off is allowed; however, once you leave your designated workout area, shoes must be worn.
- Lifting chalk is NOT allowed in any fitness area (only allowed at Climbing Wall).