# TABLE OF CONTENTS

<table>
<thead>
<tr>
<th>Topic</th>
<th>Pages</th>
</tr>
</thead>
<tbody>
<tr>
<td>WORKOUT REQUIREMENTS</td>
<td>3</td>
</tr>
<tr>
<td>EQUIPMENT USE</td>
<td>3</td>
</tr>
<tr>
<td>CODE OF CONDUCT</td>
<td>3-4</td>
</tr>
<tr>
<td>GENERAL RULES</td>
<td>4-5</td>
</tr>
<tr>
<td>DRESS CODE FOR WORKING OUT</td>
<td>5-6</td>
</tr>
<tr>
<td>ENFORCEMENT OF RULES AND REGULATIONS</td>
<td>6</td>
</tr>
</tbody>
</table>
1. **WORKOUT REQUIREMENTS**-students will not be able to enter the facility without the following:

1.1 Current **BC Student ID** card.

1.2 A **towel** is required.

1.3 **Appropriate** workout attire: Only sport clothing and footwear i.e. sneakers/athletic shoes.

1.4 Sign the risk statement sheet at the front desk that is also utilized as a sign in sheet.

2. **USE OF EQUIPMENT**

2.1 Weights must be handled and racked properly at all times.

2.2 Wipe down all the equipment after using it.

2.3 Do not move any equipment from designated areas.

2.4 A spotter must be present when anyone is lifting near maximum weight and performing any exercises lying down using a bench. Squat workouts require the use of the cage and the safety bar.

2.5 **The following exercises are PROHIBITED due to safety issues:** Olympic lifting (Snatch and Jerk), Military Press, Front Press, Back Press, Dumbbell Press, Dumbbell Triceps Extension.

2.6 Dropping the weight is not allowed.

3. **CODE OF CONDUCT**

3.1 No profanity.

3.2 No yelling.

3.3 No horse playing.

3.4 No eating in the Wellness Center.

3.5 No loitering.
3.6 Enter and exit the Wellness Center through the front door ONLY.

3.7 No congregating in the wellness center. Students are expected to be working out while in the facility. Also, no sitting on the exercise mats or floor if you are not working out.

3.8 No excessive or loud grunting.

4. GENERAL RULES

4.1 Students must change clothes in the gym locker room located in building 10 before they enter the wellness center.

4.2 Students may leave their keys in the key box and NOT at the front desk during their work outs in the wellness center. The key box is located directly in the front column as you enter the facility. The Wellness Center is not responsible for any lost, stolen or missing items.

4.3 All belongings must be stored on the hooks provided on the wall, and NOT on the floor.

4.4 Students must supply their own lock for lockers. The Wellness Center is not responsible for any lost, stolen or missing items.

4.5 Any locks on unregistered lockers left overnight WILL be cut off.

4.6 Classes must enter through the FRONT door of the Wellness Center not the classrooms.

4.7 Body assessment equipment will only be used by Instructors and the Wellness Center Staff.

4.8 Body assessments will be done by appointment.

4.9 No students are allowed in the staff room.

4.10 Students must check equipment out with the front desk staff such as medicine balls, jump ropes, resistance bands, kettlebells etc. Jump ropes can only be used outside and not in the wellness center.

4.11 No guests are allowed in the gym.

4.12 Refrain from using cell phones in the workout areas.
4.13 If you are using a machine and you are taking a break, have the courtesy to let someone use it if they need to.

4.14 No glass bottles and aluminum cans inside the wellness center. If you have a cup it must have a lid.

4.15 No steroids.

4.16 No Personal Trainers allowed.

4.17 When all the Cardio Machines are in use the wellness staff will use a waiting list in order to ensure that all students are able to use the machines. Students will be limited to a 20-30 minutes of time on the machines when the wellness center is at capacity.

5. DRESS CODE FOR WORKING OUT

a) SPORT CLOTHING ONLY

5.1 T-shirt
5.2 Tank top
5.3 Sweat pants and shirt.
5.4 Lycra pants and shirt.
5.5 Gym shirt and shorts.

b) CLOTHING THAT IS NOT ALLOWED

5.1 No jeans (short or long).
5.2 No Dickie pants or shirts.
5.3 No Dress pants or shirts.
5.4 No Dresses.
5.5 No Skirts.
5.6 No shirts with profanity or inappropriate messages or pictures.
5.7 No Sport Bras.

5.8 No boxers.

5.9 Being shirtless is not allowed.

c) FOOT WEAR

5.1 Sneakers.

5.3 No shoes (Flat, medium or high heels).

5.4 No boots with heels.

5.5 No sandals.

5.6 No Flip-flops.

5.8 Working out only in socks is prohibited.

5.9 Being barefoot is not allowed in the Wellness Center.

6. ENFORCEMENT OF RULES AND REGULATIONS

6.1 **First infraction** – Warning by staff.

6.2 **Second infraction** – Removal from facility if the individual resist security will be called to the wellness center.

6.3 **Third infraction** – A disciplinary report will be filed with the Campus Director of Student Life.