

UIW Richard and Janet Cervera Wellness Center Rules

Access

- Proper identification is required to enter the Wellness Center with a membership card or UIW ID. Additional identification accepted includes government issued identification cards, driver's license, or a passport.
- Patrons must have current membership in order to enter the facility, if your membership is expired, you will be required to renew prior to entry.
- Student access, in most cases, is granted 24 hours to 48 hours after class registration. If you do not validate, entry to the facility will not be granted, please contact the registrar's office.
- Staff, faculty and employees must be under current contract. If you do not validate, entry will not be granted, please contact Human Resources.

Attire

- Patrons must wear closed toed non-marking athletic shoes in the cardio room, cycling room, weight room, racquetball courts and basketball court (no boots, sandals, or bare feet allowed).
- Shorts and pants must be worn at the waist.
- T-shirts with sleeves must be worn at all times. Patron's shoulders, underarms and backs must be covered. No tank tops, crop tops, cut off shirts, torso revealing shirts, open back tops, racer back tops, mesh shirts, gaping arm holes, altered shirts or rolled up sleeves allowed. Athletic team uniforms worn during athletic sanctioned events are allowed.
- To avoid damaging the upholstery on machines, participants may not wear jeans/denim or cargo pants with multiple buttons or zippers.

Food

- Food and drink are prohibited in the cardio room, cycling room, weight room, racquetball courts and basketball court.
- Water, in a re-sealable container is allowed.
- Food in a closed container is only allowed in classrooms 1 and 2, if the instructor/professor allows it.

Behavior and Etiquette

- Headphones must be worn to listen to personal music.
- No foul language or outbursts will be tolerated.
- No hanging on the basketball rims.
- No kicking basketballs or throwing basketballs against the walls.
- Soccer balls are to be utilized on the racquetball courts, and not on the basketball court.
- Do not remove weights or equipment from the cardio room, cycling room or weight room.
- Please maintain control of your weights at all time. For the prevention of injury to yourself or others, and/or damage to floor or equipment, weights may not be dropped or thrown.
- Weight training exercises that require releases or drops are to be used with bumper plates on the weight platforms.
- Please return weights, dumbbells, and plates to their respective racks following use.
- Please wipe down equipment when use is completed.
- Please secure your belongings in a day use locker; UIW Wellness Center Staff are not responsible for personal/patron belongings. Please bring a personal lock to secure items in a locker.

Patrons should report any injury or facility equipment irregularity to the staff members on duty.

Any misconduct, abuse of equipment or Wellness Center personnel will not be tolerated.

Failure to comply with Wellness Center Policies may result in immediate removal from facility and/or a loss of Wellness Center privileges/membership.