

# GCSU WELLNESS DEPOT

# RULES & REGULATIONS

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1. All participants MUST complete the Wellness Depot orientation packet materials prior to using the facility.
2. Facility users will be required to present a current valid GCSU picture ID and to sign in at the service desk upon entrance to the depot.
3. All participants must wear proper training attire which includes athletic shoes, socks, clean T-shirt, shorts, or sweats. **NO** hats, sleeveless shirts, tank tops, mid-drifts or blue jeans.
4. No food or drink will be allowed in the equipment areas. Bottled water only.
5. For safety reasons, all loose jewelry, bracelets, or loop earrings must be removed prior to use of equipment. No cell phones, backpacks, book bags, or large garment bags will be allowed in equipment areas.
6. Horseplay, rowdy behavior, loud and offensive language will not be tolerated.
7. Tobacco products, gum, glass containers, alcohol, drugs, and other banned substances are strictly prohibited.
8. Participants may use their own towels or use disposable towels provided by the depot to wipe down each piece of equipment following their use. Disinfectant will be provided.
9. All facility-related injuries or facility equipment irregularity must be reported immediately to the staff supervisor on duty.
10. Participants should be considerate of other users at all times and be willing to share resistance training equipment if working out alone.
11. Wellness Depot will not be responsible for any valuables left unattended.
12. All phones are for emergency use only, and thermostats are not to be adjusted.
13. Locks/collars should be used on the ends of all free weight bars.
14. Weightlifting belts are not to be worn when they will make contact with equipment upholstery.
15. Free weight plates should not be leaned or propped against walls or equipment.
16. All dumbbells and free weights should be returned to the racks in proper order at the conclusion of use.
17. Weight plates and dumbbells should not be thrown or dropped.
18. When others are waiting, use of cardio equipment will be limited to 20 minutes.
19. Total respect for the equipment, facilities, other participants, and the depot staff should be shown at all times. Anything less is not acceptable.

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I have read and understand the rules and regulations for the GCSU Wellness Depot, and I understand that use of the facility is a privilege. I agree to abide by said rules and to accept total responsibility for my own personal actions during my utilization of the facility and its services.

Printed Name \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_