Rules and regulations were created to ensure your enjoyment and safety while using the facility. We hope that you will cooperate in observing these established policies. Any failure on your part to follow these policies could possibly result in member termination.

Thank you for your cooperation,

Wellness Director
**Rules and Regulations**

**Age Requirements**
- Individuals must be 16 years old or older to work out in the wellness center or free weight rooms.
- Individuals under the age of 16 may use the natatorium only and must be accompanied by their legal parent/guardian.
- Individuals must pay the $5 daily fee if they wish to utilize the natatorium.
- Patrons that are current members of the wellness center may take their children to the natatorium while they are working out in the wellness center. If your child cannot swim we ask that you do not leave them alone in the natatorium.

**Use of Lockers**
Patrons have the option of using any unused locker to store their belongings while they exercise. Locks will be removed nightly. It is your responsibility to make sure your locker is properly locked.

**Lost and Found**
Any items found in lockers or in the facility will be placed in a “Lost and Found” area. The SCCC Wellness Center is not responsible for any lost and found or stolen items.

**Telephone Use**
Anyone is permitted to make local telephone calls using the phone located at the front desk. When using the phone you must dial 9 before dialing the number you wish to call.

**Food and Drinks**
NO food is allowed in any of the wellness center facilities. Drinks must be in spill proof bottles and may not be of a sugar base.

**Shoes**
Patrons are asked to bring separate footwear for their workouts, preferably, a second pair of shoes that are not used outside. Rocks and dirt can ruin flooring and machines in the facility.

**Attire**
The SCCC wellness center recommends wearing comfortable attire while exercising in the facility. We do require that shirts and shoes be worn at all times. Dress shoes, boots and sandals will not be allowed while exercising due to the possible hazards and injury potential. Wearing dress clothes or jeans will not be allowed.

**Physician’s Release**
All patrons are encouraged to consult their physician before starting an exercise program. Patrons assume responsibility of exercise programs after signing the wellness center informed consent/waiver form.

**Fitness Evaluation**
Patrons have the option to participate in various testing procedures to better help determine their fitness levels. Schedule an appointment with the wellness director for specific testing procedures and availability.

**Natatorium**
Individuals using the natatorium must check in at the wellness center front desk. Patrons are asked to shower before using the facility. Patrons are asked to replace any equipment that they may use while working out.

**Member Consideration**
Please limit the use of popular exercise equipment during peak attendance to a 20-minute time frame. Please wipe perspiration off equipment after use. Towels and cleaner are available, or ask a staff member to help with the cleaning.

**Walkman Usage**
While in the facility, radios can be used with the broadcast vision system. We ask that you provide your own headphones for sanitary considerations.

**Free Weight Room**
Individuals using the free weight room must check in at the wellness center front desk. Patrons are asked to rack all weights when they are finished working out.

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**Hours of Operation**
- **Monday - Thursday**: 6:00am-9:00pm
- **Friday**: 6:00am-7:00pm
- **Saturday**: 10:00am-2:00pm
- **Sunday**: 1:00pm-5:00pm

**Closings**
SCCC wellness center closings will be posted in the wellness center administrative office. A complete listing of closings for the entire year is available on the wellness center web site. Unexpected closings will be posted as they occur. Patrons are asked to call ahead when conditions are unfavorable.

**Member Check-in**
All members will each receive a membership card upon joining the facility. Each and every time you visit the Wellness Center, please check in on the membership computer with your membership card and sign in by hand in the check in book. This will ensure accurate attendance records for grading procedures, as well as facility usage numbers.

**Guest Policy**
Guests wanting to utilize the facility must pay the $5 daily fee and complete an informed consent/waiver, which is filed and kept in the wellness center.

Guests that would like a tour may do so with a staff member.

**Disclaimer:** Management reserves the right to refuse admittance to, or eject from the wellness center premises, any persons failing to comply with any health and safety regulations. Rules and regulations may change without notice.