

MSU-Northern

Fitness Center Policies & Procedures

General

1. This facility is a recreational facility for Students, Employees, Retirees and Spouses.
 - a. Access to the facility is gained by showing a valid student pass, employee ID or current Wellness pass.
 - b. Facility Passes held by community members are not valid and holders are not eligible to use the facility.
 - c. Patrons must be 16 years or older.
 - d. This is not an additional “practice” facility for athletic teams.
 - i. Teams may use the fitness floor for workouts during “closed” hours.
 - e. Scheduled HPE courses take precedence over “open” hours.
 - i. Scheduling is coordinated by the gym facility Administrative Assistant
2. Students can utilize this facility during posted hours or for classes only.
 - a. Students are not allowed to use the facility without a monitor present.
 - b. Students found in the facility during non-monitored hours will lose their privilege to use the facility and may be subject to trespassing charges.
3. Employees and Retirees and their spouses may access the facility during non-monitored hours when the gym is open.
4. The facility is closed to all patrons during athletic events and other posted times.
5. Patrons using the facility are expected to exercise at a safe level and in a safe manner as determined by themselves in conjunction with their physician.

Facility Rules

1. No food or drinks except water in the facility.
2. Sign in when entering the facility.
3. Equipment should be wiped off by patrons with provided solution and towels after each use. Replace small equipment to its proper place after use.
4. Magazines and other reading material should be returned to the racks/tables after use.
5. Music volume should be low enough to allow for conversations; use of personal music players is required for louder volumes.
6. Book bags, purses, etc. should be stored under the counter. Coats are to be hung on the rack. Nothing left in the walkways or around equipment.
7. The phone is for emergency use ONLY.
8. Monitors have the responsibility for ensuring the safety and security of the facility. Failure to follow their instructions may result in loss of facility privileges.
9. Pre-scheduling of fitness equipment is a courtesy; abuse of the system will result in loss of the ability to sign-up and may result in loss of facility privileges.
10. Lost and Found items will be taken to the gym office.
11. Report any Injuries/Accidents to the Wellness Director.
12. Report any Damaged/Broken Equipment to the Wellness Director.