

UNIVERSITY OF MINNESOTA -
CROOKSTON WELLNESS CENTER
GENERAL
POLICIES, RULES, AND GUIDELINES

UPDATED: August 19, 2021

Recreation and Wellness — University of Minnesota - Crookston

Participants should seek a physician's clearance prior to participation in any fitness or physical activity program.

Appropriate Behavior and Conduct

Primary Policies

These two policies take precedence over all other rules or policies during situations where rules and/or policies may conflict.

- UMC Wellness staff have the right to remove anyone for behavior that he or she deems either unsafe or inappropriate.
- UMC Wellness supervisors have final authority on all matters concerning safety and emergency situations in all the University of Minnesota - Crookston facilities until substituted by proper authorities.

Secondary Policies

- The Wellness Center supports and follows the [University Conduct Code](#).
- The University of Minnesota- Crookston prohibits the carrying or possession of guns on campus and in facilities.
- The Wellness Center has an obligation to protect its property and to help members protect their property from theft, damage, destruction, or misuse by providing access to rent lockers.
- We are committed to the policy that all persons shall have equal access to programs and facilities without regard to race, color, creed, religion, national origin, sex, age, marital status, disability, public assistance status, veteran status, or sexual orientation.
- Any destruction, defamation of property, or discrimination against any person will not be tolerated within the programs or facilities of the Wellness Center
- Glass is not permitted in any Wellness Center facilities (indoor or outdoor).

Facility Access

- Members must present a UCard to access the facility. Students who do not have a UCard must have a photo ID and proof of registration for the class, in which case they may enter the facility no more than 30 minutes prior to the beginning of class. Guests must present a photo ID.
- The Wellness Center will confiscate the University of Minnesota UCards if fraudulently used by a non-assigned user. An automatic 2-week suspension from all facilities will be imposed and the UCard will be sent to the main UCard office. Willfully refusing to or falsely identifying one's self is considered a disciplinary offense according to the University Conduct Code.

Equipment Rentals

- Student fee paying students and existing members of the Wellness Center may rent equipment.
- Equipment can be rented out to use outside of the facility but must be returned before closing of the day rented.
- Failure to return equipment will result in a charge on their University Student Account.
- Failure to return equipment in the same condition it was rented out will result in a charge on their University Student Account.
- Overnight rentals must be requested through the Wellness Center Director and approved.

Fitness Center Policies

In an effort to maintain a safe and comfortable environment, please adhere to the following practices and policies.

- Users must wear athletic-style shoes with closed toe/closed heel footwear.
- Shirts that reach the top of the pants or shorts and fully cover the torso (chest, stomach, back, and sides).
- Athletic-style pants or shorts. Shorts must be of sufficient length to cover the gluteal fold.
- Equipment is to remain in its original area and may not be taken from floor to floor or building to building.
- Please return equipment to its original rack after use.
- Dropping or throwing of weights is prohibited unless the intended use is strictly for that purpose.

- Use equipment based on the guidelines suggested by the manufacturer or as suggested by Wellness Center staff.
- Collars (weight clips) must be used at all times where applicable.
- The use of a spotter or assistance from staff is highly recommended.
- Please clean equipment after use.
- Machines not in use should not be occupied (i.e. sitting, resting between sets, etc.).
- Food or gum is not permitted around equipment. Drinks must be in a non-breakable bottle with a screw on top.
- Personal belongings, including backpacks, duffel bags, jackets, etc. should be secured in a locker. These items are not allowed to be placed on the floor or around the fitness equipment.
- Personal audio devices are only permitted with the use of headphones or earbuds.
- UMC Wellness Center prohibits any supervised, formal, organized workouts by any group or team that is not part of the department. These groups may include varsity level athletic teams, student organizations, community groups, etc. Exceptions to this policy would require an eligible group to obtain a facility lease agreement where the group rents a space for their exclusive use if approved. Members who are part of a team or group may exercise and may have a specific program provided to them. However, at no time should they be led through, trained, or coached during their exercise routine.
- The University of Minnesota - Crookston Wellness Center prohibits any group or individual outside of the department from delivering personal fitness programs to participants in its facilities. This policy also precludes these individuals/groups from recruiting clients within its facilities.