

## FitWell Rules

- All members must sign a waiver before beginning to use the gym.
- Members must check in at the front desk before workouts or exercise classes.
- Athletic footwear is required; boots, street shoes, open toed shoes or shoes that mark the floor are prohibited.
- Equipment should be wiped down after use.
- All weights/equipment must remain in designated areas and be returned to designated racks after use.
- Water in a non-spill, shatter-proof container is permitted in activity areas. No glass allowed.
- Food and non-water drinks are only permitted in the lobby of the Wellness Commons unless otherwise approved by FitWell staff.
- Music selection and volume is at the discretion of the staff. Staff must play radio edits only, and no explicit language is allowed.
- Headphones must be used with all portable electronic devices. Personal amplified music is not permitted.
- The Wellness Commons is not responsible for lost, stolen, or damaged items. Members are encouraged to leave valuables at home.
- Personal belongings, backpacks, and bags must be stored in a cubby or (available by the front desk) or locker. FitWell staff will not hold personal items for members.
- Members may NOT provide training to, conduct business activities with or solicit funds from other members, guests or staff.
- Members should report all incidents, accidents, and injuries to a FitWell staff member.
- Members should be considerate of others who are looking to participate and share the space. As a courtesy to others, do not rest/talk on equipment. Please let people who are waiting for equipment use it between multiple sets.
- Only authorized personnel are permitted to move, setup and breakdown equipment.
- Report broken, damaged, or malfunctioning equipment should be reported to FitWell staff.
- If videoing or photographing in the facility, members should be respectful of those in the background.
- Only Wellness Commons staff are permitted to unlock space/classrooms for approved programming.
- Damage or failure to return FitWell equipment may result in fines, replacement costs, or possible membership suspension.
- Members are expected to follow the direction of the FitWell staff at all times. Refusal to obey guidelines may result in a request for you to leave the facility. If necessary, the Wellness Commons reserves the right to suspend or terminate memberships.

## **Locker Room**

- Members must secure all belongings. Members are welcome to bring their own locks for our lockers.
- Lockers must be emptied at closing each day. Any remaining items will be placed in the lost and found; ask the FitWell front desk about missing items.
- The use of digital cameras, cell phones and other electrical devices capable of producing an image are prohibited in all locker rooms and restrooms.

## **No Independent Personal/Group Training Policy**

Only individuals employed by the Wellness Commons may conduct training in any University of the South facility. Training is defined by any of the following:

- Leading an individual/group through a designated workout
- Providing one-on-one or group exercise instruction and education
- Prescribing a program for another individual
- Verbally or visually promoting a training company
- Receiving payment for exercise or sports performance guidance, including payment of guest fee