



Husky Wellness Center (HWC)

RULES & REGULATIONS

All individuals who use the facilities are required to comply with the rules and regulations regarding conduct and equipment use. Failure to comply with the rules will result in disciplinary action including suspension of facility privileges. Use of the facilities is a privilege and should be treated as such. These rules and regulations have been established to ensure a safe and constructive environment.

GENERAL RULES

- Always treat others with common courtesy and respect.
- All members and non-members will check in/sign in per visit.
- No outside shoes allowed; bring a change of shoes to wear inside.
- Proper clothing is required. No bare feet or sandals – closed toe, athletic shoes must be worn at all times. Shirts must be worn and must cover torso.
- Locker rooms are available for use; however, soap and towels are not provided.
- Day-use lockers are available to store belongings. Please bring your own padlock. Day-use lockers must be cleaned out following use and lock removed or lock will be cut off and belongings cleared out.
- Respect for equipment, facilities and staff must be demonstrated at all times.
- Horseplay or unsafe activity is prohibited.
- The use of alcohol and/or tobacco products is not allowed in or on HWC/Nashua-Plainfield Community School District property.
- Only staff members are allowed access to the desk or file cabinets.
- School-related practices and competitions take precedence; access to parts of the facility may not be available during some regular hours. Please check the calendar online for scheduled events.

STRENGTH/CARDIO ROOM RULES

- Equipment is to be wiped down following each use to minimize the risk of communicable skin conditions/viruses.
- Re-rack weights and other equipment following use.
- No food allowed in the strength/cardio room. Drinks must be in a sealable container.
- Spotters are highly recommended.
- Do not remove weights from the strength/cardio room.
- Please limit use of cardiovascular machines to 30 minutes while others are waiting.
- Please complete a maintenance request to report any equipment that is not functioning properly and/or to report any unsafe conditions.
- Please recycle newspapers, magazines and water bottles when finished. Throw away all trash.



EXTENDED ACCESS SPECIFICS

- You must be 18 years of age and/or a high school graduate to use the strength/cardio room or be under the direct supervision of an adult during Extended Access hours.
- Do not prop external doors or strength/cardio room doors open.
- All individuals accessing the facility during Extended Access hours must have an Extended Access Membership. Providing non-Extended Access-members admittance to the facility is strictly prohibited and will result in suspension or permanent loss of Extended Access use.
- Members are strongly encouraged to report any misconduct, strange behavior or unfamiliar persons.

**** Questions or concerns can be directed to Jill Smith, Community Education Program Director.**