Policy title	Category
Weary Center	Athletics Facilities Student Life
Owner	**Approved by**
Athletics	Administrative Council

Purpose of this policy

The Marian and Marion Weary Center for Health and Fitness offers experiences that enrich the lives of NWU students, faculty and staff through excellence in facilities, fitness, sport and play. We are committed to fostering leaders, encouraging life-long healthy lifestyles and developing meaningful relationships.

Application of this policy

faculty, staff, students, and guests

Policy statement

Students, faculty or staff must present their valid NWU ID or residence hall fob to gain admittance for Open Recreation. The Weary Center includes the following facilities for student use:

Aerobic Room Policies

1. Shirts, athletic shoes, and proper athletic attire must be worn at all times. A sports bra does not count as a shirt in this area.
2. Shirts must be worn over sports bras while working out in this area.
3. Users are responsible for all valuables and personal items.
4. Users should not attempt to use equipment on which they have not received instruction. User should ask the supervisor on duty if instruction is needed.
5. Users should immediately report any injury or facility/equipment problems to the supervisor on duty.
6. Users must remove and rack all weights after using a piece of equipment. Dumbbells must be returned to the proper storage station.
7. Users should not move equipment around, or modify equipment in any way.
8. Users must not rest weights on the benches between sets.
9. No chalk is allowed in the workout areas.
10. Slamming or dropping of free weights is prohibited. Weights should not be leaned against walls, glass, or equipment.
11. Spotters are encouraged when appropriate.
12. Users must obey all the time limits placed on equipment during peak times.
13. Screaming or use of offensive language will not be tolerated in the facility.

14. Equipment shall not be removed from the area for any reason.
15. Radio station selection and volume will be monitored and changed by the supervisor.
16. Use exercise machines and equipment only for their intended use.

Cardio Room Policies

1. Shirts, athletic shoes, and proper athletic attire must be worn at all times. A sports bra does not count as a shirt in this area.
2. Shirts must be worn over sports bras while working out in this area.
3. Users are responsible for all valuables and personal items.
4. Users should not attempt to use equipment on which they have not received instruction. User should ask the supervisor on duty if instruction is needed.
5. Users should immediately report any injury or facility/equipment problems to the supervisor on duty.
6. Users must remove and rack all weights after using a piece of equipment. Dumbbells must be returned to the proper storage station.
7. Users should not move equipment around, or modify equipment in any way.
8. Users must not rest weights on the benches between sets.
9. No chalk is allowed in the workout areas.
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11. Spotters are encouraged when appropriate.
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14. Equipment shall not be removed from the area for any reason.
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Circuit Room Policies

1. Shirts, athletic shoes, and proper athletic attire must be worn at all times. A sports bra does not count as a shirt in this area.
2. Shirts must be worn over sports bras while working out in this area.
3. Users are responsible for all valuables and personal items.
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Knight Field House Policies

1. The indoor track is for running, jogging, and walking only.

2. Faster runners should pass to the outside of slower runners.
3. No walking, jogging, or running three or more abreast.
4. Counterclockwise runners/walkers must use outside lanes.
5. Runners and walkers should move to the outside lanes when other activities are taking place on the field house floor.

Racquetball Court Policies

1. No street shoes should be worn in the Racquetball Courts.
2. Eye guards (goggles) must be worn during racquetball and handball.

Weight Room Policies

1. Shirts, athletic shoes, and proper athletic attire must be worn at all times. A sports bra does not count as a shirt in this area.
2. Shirts must be worn over sports bras while working out in this area.
3. Users are responsible for all valuables and personal items.
4. Users should not attempt to use equipment on which they have not received instruction. User should ask the supervisor on duty if instruction is needed.
5. Users should immediately report any injury or facility/equipment problems to the supervisor on duty.
6. Users must remove and rack all weights after using a piece of equipment. Dumbbells must be returned to the proper storage station.
7. Users should not move equipment around, or modify equipment in any way.
8. Users must not rest weights on the benches between sets.
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Last revised date
June 28, 2019