



The Student Health & Wellness Center Rules & Conduct

All users of the Alabama Agricultural and Mechanical University's (AAMU) Student Health and Wellness Center are expected to be responsible, courteous, and safety conscious at all times. Disorderly conduct, abuse or misuse of the facility or its equipment, or disregard for the Student Health & Wellness Center policies will not be tolerated. Violators may be requested to leave the facility, and may be subject to disciplinary action.

Violators of the above policy may also be suspended from using the facility as determined by the Director and/or other Center Staff. Fee paying members who are suspended will not have any portion of their fees refunded.

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Hours of Operation

Beginning October 1

Monday-Friday	6 am – 10 pm
Saturday	9 am – 6 pm
Sunday	1 pm – 7 pm

The AAMU Wellness Center will be open seven days a week during posted hours. In general, the Wellness Center will follow the academic calendar of the University and will be closed during some semester breaks and holidays when the University is closed. The schedule of hours of operation will also be posted on the SHWC website www.aamu.edu/wellnesscenter each semester.

Use of the Facility

- A valid AAMU/Membership Identification Card is required for entrance to Wellness Center. ID Cards are non transferable.
- Guests must register at the Members' Services Desk, obtain a Guest Pass, and pay the daily fee.
- Participation is at your own risk.
- No food, gum or beverages are allowed in activity area. Water in sealable containers is allowed.
- SHWC is not responsible for lost or stolen articles.
- Book bags and personal items are not allowed in activity areas. They should be stored in lockers located in student locker room on first floor of Wellness Center.
- Members of the AAMU Student Health & Wellness Center must be at least 18 years of age unless enrolled as a student. Enrolled students under the age of 17 will be permitted to use the facility with all appropriate paperwork and parental consent.

Lobby Guidelines

Note: The Fitness Equipment in this facility presents hazards which, if not avoided, could cause serious injury or death.

Use of the facility is a privilege, not a right. User misconduct may result in temporary or permanent revocation of this privilege. AAMU and the Wellness Center staff retain the right to determine inappropriate behavior and to act in resolving said behavior including, but not limited to, terminating membership of the user.

All authorized members have the right to be safe and secure while using the facility. All members are expected to share the areas and equipment within the facility and respect the rights of others in order for all members to enjoy the same privileges.

Lobby

The lobby contains limited seating. Seating is for short periods of rest and social interaction, and waiting for others to arrive or depart. Loitering is prohibited

Member Services Desk (Front Desk)

The Member Services Desk serves as the entry point to the areas of activity and is staffed by Wellness Center employees. Members having questions should seek resolution at the Member Services Desk. All members must show a valid AAMU ID or Wellness Center Membership Card at the front desk at each time of entry. Announcements are made from the Member Services Desk. Closure time will be announced 30 minutes, 15 minutes, and 5 minutes in advance of closure. Members must vacate the facility when closure is announced. The telephone at the front desk is not for use by members.

NOTE: Any equipment that is not functioning properly or which appears to need maintenance or repairs should immediately be reported to the Member Services

Desk or another Wellness Center staff. Members should never attempt to use or repair any equipment that is not functioning properly.

General Rules and Regulations

In an effort to ensure an enjoyable experience for all members, please adhere to the following Center rules:

- Use of any component or program contained within the Student Health & Wellness Center is at the user's own risk.
- The SHWC is a controlled access facility. Only authorized members and guests with proper identification will be permitted entry at the supervised member services desk.
- No animals are permitted in the facility except licensed guide/medical dogs.
- Responsibility for general supervision of the SHWC rests with staff members and supervisors directly in charge of the activity or area. Students provide primary supervision for the facility and act with the full authority of a fulltime SHWC staff member. Harassment or disregard of requests by the SHWC staff will result in immediate ejection from the facility and may result in additional disciplinary action.
- Profane or indecent language is prohibited. Such language that is directed at SHWC members or deemed offensive will not be permitted.
- Smoking, use of smokeless tobacco, alcoholic beverages and/or illegal drugs, and weapons of any kind are not permitted in or on the grounds of the SHWC.
- No gambling/wagering of any kind will be permitted.
- Athletic apparel and athletic shoes are required to be worn in all non-aquatic activity areas. Clothing that sends profane, inflammatory or bigoted messages is also prohibited.
- The storage of personal belongings, gym bags, backpacks, etc. are not permitted in hallways, lobbies, or activity areas. Lockers are available for storage of all items.
- SHWC is not responsible for any lost, stolen, or damaged items.
- General public announcements, fliers, posters, etc. are prohibited.
- No food or beverages in any activity areas and/or locker rooms.
- Immediately report any injuries incurred in the Wellness Center so that proper cleaning, first aid, and precautions may be taken by the staff.
- Due to safety considerations, only scheduled recreational activities will be permitted.
- Spirited competition is encouraged; however, abusive language, fighting, and/or inappropriate behavior will not be tolerated.
- The AAMU Health & Wellness Center reserves the right to request anyone to immediately leave the facility and or immediately revoke membership privileges for failure to comply with the above mentioned.
- Equipment may not be moved from one area to another.
- Tampering with the TVs in any way is strictly prohibited.
- Proper hygiene and etiquette should be practiced at all times.
- No photography or videography allowed in the facility.

ACCIDENT/INJURY

Participation in physical activity increases the risk of injury. If an accident or injury should occur, it should be reported to the Membership Services Desk or other Wellness Center staff. The Wellness Center will not be responsible for transporting members. However, AAMU students may request police assistance with HEMSI transport in accordance with established student policies. AAMU Wellness Center staff assumes no liability, financial or otherwise, for any medical or other services required in the care or transportation of injured members.

MEDICAL INSURANCE

The Wellness Center does not maintain medical insurance for accidents or injuries sustained by authorized members. Although minor, there is a risk of injury and accidents associated with participation in the physical activities offered by the Wellness Center. AAMU strongly encourages authorized members to obtain and maintain a comprehensive medical insurance plan in the event of accidents or injuries.

Racquetball/Handball Court Rules

- Court for racquet ball and handball play only.
- Non-marking athletic shoes required.
- Racquet frame must have protective guard.
- Personal belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas. Please utilize lockers on the lower level for storage of all items.
- Reservations may be made one day in advance.
- All players must check in at Membership Services Desk before playing.
- Reserved court time will be forfeited after 15 minutes.
- Reservation must be made in the name of two persons.
- All nets must be set-up and taken down by SHWC staff only.

For your safety, SHWC staff recommends you:

- Wear eye guard protection. This is strongly recommended for use on Racquetball/Handball courts.
- Limit the number of people on a court. No more than 4 persons are allowed on the court at one time for racquetball or handball.

Pool Rules

- Entrance to the Aquatics Area may only be gained when the lifeguard is present. The lifeguard on duty is to be obeyed at all times.
- The Aquatics Area may be closed at any time by the Wellness Center Director or Head Lifeguard due to inclement weather or possible health concerns from water borne or blood borne bacteria.
- Swimmers may be required to perform a swimming test by the lifeguards. If unable to pass the test; swimmers will be restricted to the shallow water area of the pool.

The swim test consists of: Continuous swim – 25 yards on front, followed by 1 minute of treading water.

- Adult, parent, or guardian supervision is required for swimmers under 16 years of age.
- All swimmers must shower from head to toe before entering the pool.
- Appropriate swimming attire is required. Only conventional one-piece, clean, bathing suite or two-piece suite covered by a T-shirt may be worn. No cut-offs, walking shorts, jeans, or clothing deemed inappropriate or damaging to filtration system will be allowed.
- All swimmers wearing diapers or of diaper wearing age must wear swimsuit diapers or tight fitting rubber or plastic pants that will contain urinary or fecal matter.
- Shoulder length hair should be tied back or put in a swim cap.
- Food or beverages are not allowed in the Aquatic Area. Water in sealable containers is allowed.
- People with open sores or wounds, infectious diseases or rashes are not permitted in the pool. Contact the lifeguard if you have any questions.
- Walk on the pool deck at all times. NO RUNNING, pushing, horseplay or any action that may endanger personal safety or the safety of other swimmers is allowed.
- No personal water toys allowed. Flotation devices, arm-floats, rafts, life jackets may be used for children under the direct supervision of an adult.
- Adults may use jogging belts for water exercise.
- Public display of affection is prohibited.
- Kickboards and water exercise equipment must be used for its intended purpose.
- Diving is prohibited.
- Swimming is only permitted when a University Lifeguard is on duty.
- When more than two (2) swimmers are in a lane, laps must be "circle swim" counter clockwise.
- Individuals having skin lesions; mouth, nose or ear discharges; or any other communicable disease may not use the pool without written permission from a medical professional.
- No electronic equipment may be brought into the pool area.
- Swimmers needing steps or the handicap lift take precedence in those lanes.
- Please dry off before leaving the pool area.
- Please do not use cell phones while exercising.

Locker Room Rules

- Personal belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas. Patrons must utilize lockers for storage of all items.
- SHWC staff are not responsible for lost or stolen belongings.
- Use bathing suit dryer before stringing suit in locker.
- Please dry off before exiting locker room area.

Fitness Area Rules

- Personal belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas. Please utilize lockers on the lower level to store all items.
- Closed-toe athletic footwear required.
- Appropriate athletic wear required at all times. (See AAMU policies and procedures)
- Unaltered T-shirts must be worn at all times. Tank tops or any shirt that has been altered in any way is not allowed! The shirt must completely cover the upper torso.
- Water and sports drinks in closed, re-sealable plastic containers are permitted.
- All other drinks, food and glass containers are confined to the Juice Bar areas.
- Equipment must be wiped down after each use!
- Limit your workout to 30 minutes per cardiovascular exercise piece when others are waiting.
- Leaning on consoles is prohibited. Use handrails for balance only.
- SHWC staff reserves the right to inform patrons how to use equipment properly.

For your safety, please: Report maintenance problems or other facility problems to SHWC staff.

Weight Room Rules

- Personal belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas. Please utilize lockers on the lower level to store all items.
- Closed-toe athletic footwear required.
- Appropriate athletic attire required at all times. (See AAMU policies and procedures)
- Leaning weights or bars against the walls, pillars, or mirrors is prohibited. All weights must be replaced on racks!
- Allow others to work-in between sets.
- Dumbbells and weight plates should be replaced on racks or machines after use.
- Please do not move any plate-loaded machines or equipment benches.
- No standing on equipment.
- SHWC staff reserves the right inform members how to use equipment properly.
- Violation of AAMU rules, policies, or the Code of Student Conduct may lead to removal from the facility, loss or suspension of AAMU privileges, and/or other appropriate behavior.
- Cardio and weight equipment is to be wiped down after each usage. A spray cleaner/disinfectant will be provided in exercise area. Please, consider bringing a towel to cover benches during workout. Covering the benches with towels prolongs the life of the equipment and reduces the spread of infections and illness.
- Participants must be 16 years of age or older to use the Fitness Area. Anyone under the age of 16 is not allowed in the Fitness Area, even in the company of an adult, parent or guardian.
- Appropriate exercise attire is required in the Fitness Area. Full length shirts with backs, shorts, aerobic wear, and close-toed athletic shoes are acceptable. Sandals, open-toed shoes, boots, hard soled shoes, and anything that compromises the safety and professionalism of the Fitness Area are prohibited.

- All weight training should be performed in a controlled, safe manner. Dropping, slamming, or bouncing of weights is prohibited.
- See Fitness Area policies for proper use of equipment. Thirty minute time limit if someone is waiting.
- Spotters are necessary for all free weights.
- Collars are required for free weight bars.
- Do not place weights or dumbbells on padded benches.
- Weight plates must be kept in free weight and plate-loaded areas.
- Dumbbell use is limited to one set of dumbbells at a time.
- Participation is at your own risk.
- Fitness staff may ask participants to leave area for non-observance of policies.
- Physical Training may only be performed by trainers, officially sanctioned by the Wellness Center Director.

Multipurpose Rules

- Personal belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas. Please utilize lockers on the lower level to store all items.
- Appropriate athletic attire required at all times.
- Non-marking footwear required.
- Water and sports drinks in closed, re-sealable plastic containers are permitted.
- All other drinks, food and glass containers are confined to the Juice Bar.
- Personal hand weights are not allowed. Hand weights will be provided for appropriate classes. Hand weights may only be used at the direction of the instructor.

Gym Rules

- Personal belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas. Please utilize lockers on the lower level to store all items.
- Non-marking athletic shoes required.
- No dunking or hanging on rims. (Except in game play)
- No Spitting, please use cuspidors.
- Gum is prohibited. Please dispose of gum in waste baskets.
- No shooting on baskets used during full court games.
- No storing equipment or personal belongings on baskets.
- Playing or shooting basketball is not allowed when any part of the volleyball or badminton systems are set up.
- The volleyball and badminton systems must be set-up or taken down by AAMU staff only.
- No one is allowed to strike the protective mats on the columns or wall for any reason.
- Fighting, abusive language, or disorderly conduct will not be tolerated.

Basketball Check Out

Basketballs may be checked out at the front desk. There is no additional charge for the use of basketballs; however, members are financially responsible for excessive damage to or loss of this equipment. This does not include normal wear and tear, which is expected. Outside balls are prohibited.

Free Play Basketball

- All games, full court and half court, end at 12 points and/or 20 minute limit.
- Spectators are not permitted to interfere in the game in progress in any way, such as shooting at the opposite basket during a game.
- No Dunking.
- Inappropriate behavior or abusive language may result in teams or individuals being asked to leave the court or the Wellness Center.
- The above rules are suggested guidelines. However these rules will be enforced upon request. If you need assistance please contact a building manager at the Control Desk.
- Any player who is cut or bleeding must stop playing. Please contact a Building Manager at the Control Desk for any injury.

Teams are subject to be asked to leave the court when arguing.

Track Rules

- Personal belongings, gym bags, backpacks, etc., are not permitted in hallways, lobbies, or activity areas. Please utilize lockers on the lower level to store all items.
- Proper athletic footwear required. (See Wellness Center policies and procedures)
- Stretching allowed in designated area only. Do not stretch on track.
- Give right of way to passing runners/walkers.
- NO sprinting will be permitted on the track. Absolutely NO activities other than walking or jogging are to be conducted on the track.
- The inside lane shall be used for jogging, the outside lane for walking.
- A sign will be posted to inform participants which direction the traffic will be moving on the track. Please observe and follow track direction as it will be subject to change.
- Members are required to follow any restrictions or recommendations of their personal physician in connection with their exercise programs. Members who suffer any injury, illness or other change in medical condition, whether personal or work-related, should consult with their personal physician before initiating or continuing any exercise program.
- All AAMU Health & Wellness Center members must refrain from any actions which have a disruptive or negative effect on other members (i.e. abusive language).
- Keep the facility flow path clear; remove any obstructions.
- Keep feet off the walls.

Running Track

The running track is designated for running, jogging and walking. The inside lane is reserved for walkers. The middle lane is reserved for joggers and the outside lane is for runners.

Joggers and runners may call out “track” (to prevent startling slower users) if walkers are impeding their progress and have not noticed their approach. No one is allowed on the track unless they are walking, jogging, or running. Members may not observe gymnasium or climbing wall activities from the track. Exercisers should not speak or yell down to others on the gymnasium level or at climbers on the climbing wall. Users will exercise in a counter-clockwise direction around the track unless otherwise directed.

Direction: A clockwise direction will be used on Monday, Wednesday, Friday, and Sunday. A counter clockwise direction will be used on Tuesday, Thursday, and Saturday. The track is not to be used as an observation area for gymnasium. No leaning, sitting or hanging on the track railing. Non-marking running shoes or gym shoes are appropriate for the track. No boots or spikes. Shirts must be worn at all times. Stretching is to be done in “off track” designated areas. Track is for foot traffic only. Please no wheeled vehicles.

For your safety, AAMU staff recommends you watch for runners/walkers as you enter the track.

Cardiovascular Fitness

The Wellness Center retains the right to restrict the use of any of this equipment if it is determined that use of the equipment might put the member’s safety at risk. Treadmills, stationary bicycles, stair machines, and a rowing machine are included in this area. Many of the machines have computer generated readouts and exercise programs. Members who are unfamiliar with the components and safe use of the equipment should ask for assistance from the Wellness Center staff. Use of the treadmill is limited to 30 minutes during peak times or when others are waiting.

Aerobics Room

Aerobic dance, Pilates and other aerobic exercise classes will be held in this room. Access other than for academic classes is through reservation only, which must be made 24 hours in advance on the appropriate form available at the front desk. Instructors will unlock the door for academic classes. A SHWC manager will unlock the door for anyone with a reservation. No exceptions will be made. No jump ropes are allowed in the aerobics room.