HealthPlex Usages Policies

**Entrance**
- All faculty, staff, and students must complete the New Member packet and Fitness Assessment prior to any usage of the HealthPlex.
- Johnson C. Smith University faculty, staff, and students may gain entry by presenting their current Johnson C. Smith University Identification cards. All faculty, staff, and students must have a valid ID card to use the facility.
- Report cards, class schedules, or classmate “verification” does not replace a valid Johnson C. Smith University ID card and entry will not be allowed.
- The Johnson C. Smith University HealthPlex is a research facility. All information that is provided, as well as any information gathered will remain anonymous and may be used for research purposes.
- Special occasions and special groups will be allowed access to the facility with prior notification to and written permission from the Wellness Director. If prior notification and permission from the Wellness Director has not been obtained, entry will be withheld until approved by the Wellness Director.

**Equipment Orientation**
- Participation in an orientation session is optional. The orientation session will review proper equipment setup and operation. A staff member will also assist in the prescribed exercise program that was made for each individual based off of the results of the fitness assessments. Orientations will be available during operating hours. Any Johnson C. Smith University HealthPlex staff will assist you in scheduling an orientation.

**Staffing**
- Johnson C. Smith University students will assist in the supervision of the facility, but may or may not be CPR certified. All staff will act with the full authority of the Wellness Director. Harassment or disregard of the directions provided by the staff will result in immediate removal from the facility and may result in additional disciplinary action.
- The Wellness Director, Wellness Coordinator, Faculty and/or Student Researchers from time-to-time will ask participants questions relevant to current research being conducted during their exercise programs.
- Personal trainers not authorized by the Wellness Director may not train clients within the Johnson C. Smith University HealthPlex. Personal trainers & clients found to be doing so will lose all membership privileges.

**Age**
- Participants must be eighteen (18) years old or older to use or be in the Johnson C. Smith University HealthPlex. The fitness equipment in the Johnson C. Smith University HealthPlex is designed for individuals with fully developed bodies.
Anyone younger then sixteen (16) years old must have written permission from the Wellness Director, will be required, along with a parent or guardian to sign a Johnson C. Smith University Waiver of Liability form, and must be supervised by a parent or guardian at all times while using the fitness equipment. Failure to comply with the above will result in the immediate removal from the facility.

Wellness and research program participation is based off of the age required to participate and varies from program to program. This does not include use of the fitness equipment.

**Guest**
- Guests will be allowed to use the Johnson C. Smith University HealthPlex only if accompanied by a current member. Current members will only be allowed five (5) guest passes per month.
- Walk-in visitors are welcome to use the Johnson C. Smith University HealthPlex under the following circumstances:
  - The walk-in guest is a first time visitor to the facility and agrees to participate in the equipment orientation.
  - Have an interest in joining the facility as a member as which point the guest will be given the health and fitness assessment.
  - Walk-in guests are allowed two (2) visits before being required to join as a member.
- Before the initial visit, all adult guests must complete a Guest Registration Form, sign a Johnson C. Smith University Waiver of Liability form, and present a valid driver’s license or government-issued identification card.
- The Johnson C. Smith University HealthPlex staff reserves the right to restrict guest use of certain parts of the center at any time in our sole discretion, including limiting participation to certain scheduled or special programs.
- No more than two (2) guests per faculty, staff, and/or student per visit.

**Conduct**
- Members and guests of the Johnson C. Smith University HealthPlex are expected to adhere to guidelines and procedures approved for all recreational activity within the building. Use of the Johnson C. Smith University HealthPlex is a privilege and failure to adhere to the rules and directions of the staff governing participation, locker rooms, equipment, dress, reservations of areas, smoking, food and drink, and conduct will result in administrative and/or disciplinary action, including cancellation of privileges.
- Student conduct rules, city codes, North Carolina and Federal laws apply in the Johnson C. Smith University. Student conduct rules are cited in the current Code of Students Right, Responsibilities and Conduct.
- Any blatant disrespectful conduct will result in immediate ejection from the facilities. This includes but is not limited to vulgarity, derogatory language, physical abuse of another individual, and/or damage to facilities.
- Organized activities which are not sponsored by the Johnson C. Smith University HealthPlex will not be permitted in any of the facilities without prior written approval by the Wellness Director.
- Cell phone usage that is disruptive to other participants will not be allowed while in the Johnson C. Smith University HealthPlex.

**Dress**
- Clothes which can be damaging to the equipment or can be threat to the safety of the individual or other participants will be prohibited. Refer to the Johnson C. Smith University “Dress Guidelines for Students” for appropriate attire.
- Footwear is required in all areas of the HealthPlex except the locker rooms, pool, and the Multi-Purpose room during all activities. At no other time, nor in any other location, may an individual walk in any part of the Johnson C. Smith University HealthPlex without footwear. Boots, dress shoes, crocs, flip flops, or shoes that mark the floor are not appropriate footwear.
- A shirt is required in ALL areas of the HealthPlex, except in locker rooms and the pool. At no other time, nor in any other location, may an individual walk in any part of the HealthPlex without a shirt. A sports bra by itself is NOT considered a shirt. Any individual not abiding by the dress code will be removed from the facility.

**Accessibility**
- Participants with disabilities should contact the Wellness Director or Wellness Coordinator for assistance in using the facilities.

**Emergencies**
- In the event of an emergency within the Johnson C. Smith University HealthPlex, a staff member should be immediately notified. The staff member will activate follow the Johnson C. Smith University Emergency Action Plan.
- All accidents, no matter how minor, need to be reported to the HealthPlex Staff.
- An accident report is required to be completed for all accidents.

**Building Closing**
- All activity areas will close fifteen (15) minutes before the building closes. All activities will cease at that time and participants wishing to shower and/or change clothes must do so and exit the Johnson C. Smith University HealthPlex before closing time.
- The Johnson C. Smith University HealthPlex staff reserves the right to reduce hours during holiday/fall/spring breaks, final exams, between academic semesters, and during the summer. The Johnson C. Smith University HealthPlex will temporarily close for one week each semester for maintenance purposes. The Johnson C. Smith University HealthPlex reserves the right to close due to inclement weather and on public and University holidays and will be held harmless should the facility be unavailable for use due to damage by fire, acts of God, catastrophe, accident, or other reasons beyond the control of Johnson C. Smith University.
Personal Items

- No HealthPlex staff members can accept personal items from facility users for storage. The Johnson C. Smith University HealthPlex employees and/or Johnson C. Smith University will not be held responsible for the loss of property in the facilities.

- Lockers may ONLY be used during members and guests workout times - items cannot be dropped off or left behind. Those items will be placed in a lost and found box stored in the Wellness Directors office for two (2) business days at which point the items will be discarded. It is recommended to use a lock to prevent theft of personal belongings.

- Any personal locks left on lockers at closing will be cut off and the locker contents discarded.

- Any items left in the showers will be discarded at the end of the day.

------------------------------- Rules ----------------------------------------

Fitness Area

- No cell phone use will be allowed while in the fitness area of the Johnson C. Smith University HealthPlex.

- Facility users must wipe perspiration off the fitness equipment, weight room equipment, and benches after each use.

- No dropping dumbbells, medicine balls, or kettlebells.

- No Olympic lifting will be allowed- this includes cleans & snatch. Space is limited and these lift require more space than what will be available to keep each participant safe.

- Food and drink will be restricted to special programming, with the exception of water.

- Smoking will NOT be allowed anywhere inside or on the grounds of the Johnson C. Smith University HealthPlex.

- Any behaviors that are considered unhealthy or may damage the facilities (i.e., chewing gum, tobacco, spitting) are prohibited.

- Bicycles, skateboards, roller-skates/blades, motorized vehicles (except wheelchairs) or animals (except those used for medical necessities) are not allowed in any area of the Johnson C. Smith University HealthPlex.

- No backpacks or other personal gear will be allowed in the multi-purpose room, fitness area, or pool. Participants must utilize lockers in the locker rooms.

- Abuse of the facility or equipment will not be tolerated and are grounds for removal from the facility.

- Open-air radios or stereos, other than personal listening devices with headphones, are prohibited.

- No materials may be posted on the walls unless approved by the Wellness Director.

Group Exercise
• All classes are a first come, first serve basis and may fill up. Reservations for participants not physically in the Johnson C. Smith University HealthPlex will not be permitted.
• No admittance is allowed into classes more than five minutes after the class has begun.
• Classes may be canceled or altered without notice. Please check the Johnson C. Smith University HealthPlex for any changes.
• Equipment provided in a group fitness class (hand weights, tubing, rubber bands, etc.) may not be taken out of the room in which the class is being held.
• No materials may be posted on the walls unless approved by the Wellness Director.
• The Johnson C. Smith University HealthPlex staff will be the only authorized persons to operate the sound equipment.

Pool
• Entering the pool deck and/or water while unsupervised by a staff lifeguard is prohibited.
• All users must take shower prior to entry.
• Appropriate swim attire must be worn while in the pool which means Lycra or nylon swim attire that prevents the spread of bodily fluids and sufficiently covers your body so as not to be unnecessarily revealing.
• Street clothes and work out clothes will NOT be permitted in the pool. Wearing this attire will be grounds for removal.
• When outside the locker room or pool area, you must wear shoes, as well as a t-shirt and shorts or a cover-up.
• No diving, running, throwing items, wrestling, roughhousing, or other inappropriate language or conduct is permitted.
• The Johnson C. Smith University HealthPlex staff may require that you cover tattoos that are deemed inappropriate.
• The pool and surrounds areas will close immediately due to lightning or thunder. These areas will remain closed and vacant of participants until the pool is reopened.