



Wellness Center Guidelines

1. Consult your physician before beginning any exercise program.
2. Use of the NCRC Wellness Center is at your own risk.
3. **The Wellness Center is for UMHS Faculty and Staff colleagues, NCRC occupants, or MHealthy members. Individuals that do not have access are not authorized to use the equipment, stretching or dance rooms.**
 - a. **If a member allows access of unauthorized groups or individuals, their access into the Wellness Center will be revoked for 2 years.**
 - b. **Even if you are an authorized member, under no circumstance are children allowed in the Wellness Center.**
4. Only licensed authorized U-M MHealthy trainers may conduct classes or give instructions in the Wellness Center.
5. To activate your \$10 a month auto renewal membership access to the Wellness Center, all users must complete the following:
 - a. Watch the Wellness Center orientation video.
 - b. Review the Request for Access & Release of Liability form.
 - c. Complete the Physical Activity Readiness Questionnaire (PAR Q)/Informed Consent
6. Wellness Center is open 7 days a week: 5:00 AM – 9:00 PM.
7. Use of the Wellness Center, at any time, is on personal time.
8. Exercise with a buddy.
9. Inspect equipment for damage before use. If damaged, DO NOT USE and immediately tag the equipment with an "Out of Order" tag and call x 3-0773. Out of order tags are located in the white supply box by the phone.
10. Medical emergencies: **Dial 911** from the phone in the room. Please report all emergencies and injuries to ncrcfeedback@umich.edu.
11. Items left behind in the Wellness Center should be turned into NCRC security x 4-9000. Items will be turned over to U-M police department at the end of each day. To follow up on lost items please email lost-and-found@police.umich.edu.
 - a. Gym apparel left behind will be placed in the lost and found box in the open locker area for one week after which time it will be disposed of.
 - b. U-M accepts no responsibility for lost or stolen articles.
12. **Wellness Center Rules**
 - a. Keep the rooms clean and orderly.
 - b. Food is prohibited. Beverages must be in a non-spillable drinking container.
 - c. Wipe down equipment after each use.
 - d. Be considerate of others waiting to use the machines.
 - e. All equipment must stay in the Wellness Center and be returned to proper location.
 - f. Wellness Center door shall remain locked at all times. Do not prop the door open.
 - g. Do not leave personal items unattended.
 - h. Headphones must be worn at all times while listening to music or watching videos.
 - i. Please refrain from talking on your cell phone while in the Wellness Center.
 - j. Proper gym attire is required at all times including a shirt and gym shoes (no street shoes are allowed and barefoot or socks are not permitted).
13. Lockers
 - a. Lockers with combinations will be available for assignment as requested, please email researchservices@umich.edu.
 - b. Lockers located within the Men's and Women's locker room with removable keys will be available for temporary use while using the Wellness Center. Items must be removed daily. U-M accepts no responsibility for lost or stolen articles.
 - c. To be eligible for a locker you must be a University of Michigan Health System Faculty and Staff member or a University NCRC occupant.
 - d. Lockers are Non-Transferable.
 - e. Due to the potential for bugs and other pests, food may not be stored in the lockers.
14. Showers
 - a. No personal effects may be kept in the shower room at any time.
 - b. Please leave shower room clean and orderly.