

HPU WELLNESS CENTER POLICIES

The Howard Payne University Wellness Center is available for use by the following:

- Currently enrolled Howard Payne University students
- Current Howard Payne University employees and their dependents. A \$15 card printing fee will be charged for each spouse and dependent. A \$15 fee will be charged for a lost card. The employee must notify HPU of any change in the eligibility status of their dependents.
- Current and former members of the Howard Payne University Board of Trustees
- Eligible Howard Payne University retirees (contact Human Resources for eligibility requirements)

Howard Payne University reserves the right to suspend user eligibility at any time if deemed necessary

All users must have an HPU ID.

Use of this facility is a privilege and participants are expected to be good citizens and respectful of the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Wellness Center revoked and/or be subject to further University discipline.

Each guest must sign an “HPU Wellness Center Liability Release” before using these facilities. Guests must be approved by the Wellness Center Director.

An adult must accompany children younger than eighteen years of age at all times and children under eighteen will not be allowed upstairs in the workout area.

Entrance and exit must always be through the designated check in area.

Free weights should be used with a spotter.

Do not drop or leave free weights or dumbbells on the floor. Rack your own weights.

Return all equipment to its designated area

If you do not know how to use a piece of equipment, please ask a staff member for assistance.

No food, drink (except plastic water bottles or sports drinks with a lid), gum, tobacco products, or spitting are permitted.

Foul language will not be tolerated – you will be asked to leave the premises for the remainder of the day.

No hand chalk is permitted.

Shoes must be worn at all times. No open-toed shoes are permitted.

Shirts must be worn at all times.

You are encouraged to bring and use a towel to wipe sweat off benches, weights, and equipment after use. Antibacterial wipes are always available. Please use it to wipe your machines when you are finished with your workout.

Be respectful of people who are waiting for equipment – please use and move along - do not sit at a machine or weight bench and look at or talk on your phone. Allow others to work in between sets if necessary

Please report any broken or unsafe equipment to a staff member immediately.

No TVs, radios, or Bluetooth speakers are allowed – personal music devices are acceptable if used with headphones.