

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
 - Current and former members of the Howard Payne University Board of Trustees
 - Eligible Howard Payne University retirees (contact Human Resources for eligibility requirements)

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 fourteen 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 provided. Please use these 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
- ⊕ Report any broken or unsafe equipment to a staff member immediately.
- ⊕ No TVs or radios are allowed – personal music devices are acceptable if used with headphones.

It is recommended that you consult a physician before using the HPU Wellness Center.

Thank you for adhering to these policies!