

WellWorks

CLOSED – Spring Break – Ping Rules:

- *If you have an ACTIVE/CURRENT WellWorks membership, you can attend the Ping Center. (Those with a balance on their account will NOT be given access to the facility.)*
- *If you do not have a photo on your WellWorks account, you MUST have one taken before we close for Spring Break.*
- *Take a photo ID to Ping with you just in case!*
- *NO GUESTS—YOU are the guest and you cannot bring non-WellWorks members in as guests—even to just sit and watch.*
- *Children who have WellWorks youth memberships must adhere to Ping rules concerning children.*

Children of all students, faculty/staff and alumni:

Children are eligible to purchase a membership. This includes stepchildren or legally adopted under the age of 25. Parent or legal guardian must accompany children under the age of 18 when completing membership application. These members are subject to age restrictions within specified areas of the Ping Center:

Age 0 - 4: Not permitted to be in any area of the Ping Center except Business Office or on tour of the facility.

Age 5 - 12: Allowed into the facility free of charge with parental supervision during family hours only.

Age 13 - 15: Parental supervision while in the facility during all hours of operation.

Must pay a membership or guest pass fee at all times. Not permitted in the Fitness Center or Free Weight Room.

Age 16 & Over: Permitted in all areas of the building without supervision during all hours of operation. *Must pay a membership or guest pass fee at all times.*

General Rules and Regulations:

Apply throughout the entire facility:

- Alcohol, non-prescription drugs, and tobacco products are NOT permitted.
- Food and drinks are only permitted in the lounge and vending areas.
- Picture taking and/or videotaping is only permissible after obtaining written permission from the Ping Center Director.
- Movement of any equipment may only be conducted by Ping Center staff.
- Injuries, accidents, or equipment failures must be reported immediately to the facility staff.
- The Division of Campus Recreation is not responsible for lost or stolen items. Personal belongings are not permitted in activity areas and must be kept in a secured locker.
- Spitting is only permitted in the cuspidors.
- Please consult a physician prior to engaging in physical activity. The Division of Campus Recreation is not responsible for accidents or injuries that occur due to the nature of the activity.

- Children 4 years of age and older may not enter the locker room of the opposite sex. An equipment desk attendant is available to assist these children through the appropriate locker room.
- All activity areas must be vacated 15 minutes prior to scheduled closing time.
- Proper non-marking athletic shoes are required in activity areas
- Do not attempt to use equipment if unfamiliar with the proper use. Please ask a staff member on duty to explain the proper techniques.
- Personal training is not permitted unless arranged through Campus Recreation Fitness.
- Personal listening devices are permitted; boom boxes and radios are prohibited.
- NO TANK TOPS ALLOWED

Free Weight Room Rules

Required:

- Appropriate attire includes: full length, non-mesh t-shirt with sleeves; soft soled, closed toe athletic shoes; athletic bottoms
- Participants must be 16 years of age or older
- All equipment remains in the Fitness area

Recommended:

- Towels and cleaning products are provided for patrons to clean equipment after each use
- Spotters

Not Permitted:

- Chalk
- Dropping or hitting weights together
- Jeans
- Food or beverages other than water in a closed container

General:

- Personal belongings must be secured in a locker
- Use equipment in the manner for which it is designed
- Ask the employee on duty to demonstrate proper technique for using equipment

Fitness Area/Lookout

Required:

- Appropriate attire includes: full length, non-mesh t-shirt with sleeves; soft soled, closed toe athletic shoes; athletic bottoms
- Participants must be 16 years of age or older
- All equipment remains in the Fitness area

Recommended:

- Towels and cleaning products are provided for patrons to clean equipment after each use
- Spotters

Not Permitted:

- Chalk
- Dropping or hitting weights together
- Jeans
- Food or beverages other than water in a closed container

General:

- Personal belongings must be secured in a locker
- Use equipment in the manner for which it is designed
- Ask the employee on duty to demonstrate proper technique for using equipment