

GUIDELINES

TRACK

- Community members, not associated with the University, will be able to join the Wellness Center for use of the walking track or as a Plus One. A Plus One must be sponsored by a current Wellness Center member and pay the fee. All appropriate forms must be filled out and returned for membership.
- All participants, while on the track, will be required to wear athletic shoes.
- NO sprinting will be permitted on the track. Absolutely NO activities other than walking or jogging are to be conducted on the track.
- The inside lane shall be used for jogging, the outside lane for walking.
- A sign will be posted to inform participants which direction the traffic will be moving on the track. Please observe and follow track direction as it will be subject to change.
- Place clear water bottles in stretching area against wall.
- Track walkers, please be aware of participants playing tennis and the possibility of stray tennis balls on the track.
- Participants are required to follow any restrictions or recommendations of their personal physician in connection with their exercise programs. **Participants who suffer any injury, illness or other change in medical condition, whether personal or work-related, should consult with their personal physician before initiating or continuing any exercise program.**
- All MSU Wellness Center members must refrain from any actions which have a disruptive or negative effect on other participants (i.e. abusive language).
- You may be expelled from the facility immediately if you misuse any equipment or facilities. If you fail to leave when asked, University Police will be contacted.
- Keep the facility flow path clear; remove any obstructions.
- Keep feet off the walls.
- Do not spit in the facility or bring spit cups for smokeless tobacco.
- Community members using the track are required to present a photo ID at the front desk upon each visit. Community Walkers are not permitted in any other fitness or office area of the facility (i.e., tennis courts, exercise room, aerobic room, except for class). Any violators will have their track privileges revoked.
- The MSU Wellness Center reserves the right to request anyone to immediately leave the facility and or immediately revoke membership privileges for failure to comply with the above mentioned guidelines.