Dolores Doré Eccles Health, Wellness and Athletic Center

GUIDELINES & FACILITY POLICIES FOR SUMMER CAMPS
Dolores Doré Eccles Health, Wellness, and Athletic Center Policies

To ensure a positive experience to all using the facility, please observe the following policies:

- Dolores Doré Eccles Health, Wellness, and Athletic Center is a membership facility. A valid membership is needed for entrance into the facility.

- Visitors must sign in at the Reception Desk.

- Please treat other members and staff with respect.

- Please keep your language respectable.

- Please secure all personal items in lockers. There are a number of lockers available for rent during each semester and the summer. The remaining lockers are for day use only. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

- Athletic attire (shirts, shorts, or sweats) and closed toed athletic shoes must be worn at all times.

- Stay hydrated with water. No food, gum, or other drinks allowed.

- Please do not wear perfumes or colognes while exercising.

- Please wipe off your equipment (Cardio and Weight) after use with the provided wipes.

- Children attending camps 8 years and younger must be supervised by an adult, 18 years or older, at all times.

- Absolutely no cell phone, pager, or camera use allowed. Please secure these devices in lockers and use only once outside the facility.

- Individuals under the influence of alcohol or other impairing chemical substances are not allowed to use the facility.

- Please notify staff if you have any special needs or a health condition which may require intervention.

- Consult your physician before beginning any exercise program. Exercise with caution at your own risk.

- If you have any questions or need assistance, please see any member of our Fitness, Wellness, Recreation staff on duty. To ensure the safety and comfort of all our members please observe the policies for all areas of the center.
**Aquatic Center**

With natural light beaming throughout, the Aquatic Center (over 5400 square feet on floor 1) provides inspiration at its mere sight. At 25 yards long, the 4-lane pool is intended for lap swimming, water walking and running, aquatic classes, and swim instruction.

With a superb sound system and moisture-proof speakers, the Aquatic Center provides excellent background music during aquatic classes and special events. If you are interested in a bit of relaxation—enjoy the warmth of the hot tub!

**Aquatic Center Policies**

- Secure all personal items in lockers. This facility and its staff are not responsible for lost or stolen items.
- Soap showers must be taken before entering the pool.
- Stay hydrated with water. No food or other drinks allowed. Please no glass containers.
- T-Shirts and Shorts are considered appropriate swim wear. Please no jeans or cutoffs.
- Anyone with a communicable disease transmissible by water or who has exposed sub epidermal tissue, including open blisters, cuts or other lesions, may not use the pool.
- No one is allowed in the pool area without a lifeguard on duty.
- Individuals under the influence of alcohol or other impairing chemical substances are not allowed to use the facility.
- Circle Swimming/Walking/Running is recommended if there are two or more people in a lane. Circle Swimming/Walking/Running is going down the right side of the pool one direction and on the right hand side of the pool.
- No pushing, jumping or rough play.
- No running entries into the water.
- No spitting, spouting water, blowing nose, or discharging of bodily wastes.
- No dogs or other animals allowed in the Aquatic Center.
- 35.25 laps equal one mile.
- No air inflated floatation devices, USCG approved lifejackets ONLY.
- Please notify Staff if you have any special needs or a health condition which may require intervention.
- Report all injuries to Staff immediately.
- Maximum pool capacity is 96 for swimmers and water walkers and runners and 236 for non-swimmers.
➢ **ABSOLUTELY NO RUNNING OR DIVING** – The pool is only 5 feet deep at the deepest point.

➢ Children attending camps 8 years and younger must be supervised by an adult, 18 years or older at all times.

➢ For your health and safety the Fitness, Wellness, and Recreation Department staff have the discretion and will enforce pool policies. If pool policies are not followed you may be asked to leave the aquatic center by the lifeguard on duty.

**Studio**

This 2,044 square foot space is grounded by a suspended floor and topped by a triple-isolation ceiling sound barrier. The state-of-the-art sound system provides a rhythmic beat to classes such as hip hop dance, step aerobics, and indoor cycling, while the west facing bay window brings light into the stillness of meditation, Pilates, and yoga classes.

**Studio Policies**

➢ Secure all personal items in lockers. Please use cubbies to store water and/or extra clothing. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

➢ Shirts and non marking closed toed athletic shoes must be worn at all times.

➢ If the weather is inclement (rain or snow) please bring a change of shoes.

➢ Stay hydrated with water. No food, gum, or other drinks allowed.

➢ Equipment should not be removed from the studio. Please put equipment away when done.

➢ Towels are recommended.

➢ For safety reasons, there is no admittance 10 minutes after class begins.

➢ Scheduled classes have priority over equipment and space.

➢ Please keep your language respectable.

➢ Please treat other members and staff with respect.

➢ Absolutely no cell phone, pager, or camera use allowed.

➢ Please do not wear perfumes or colognes while exercising.
Cardio Decks
Floors 1 and 2 feature cardiovascular “decks” (over 3200 square feet in total) overlooking the pool and climbing wall. The center has 36 pieces of cardiovascular equipment including: LifeFitness treadmills, upright bikes, recumbent bikes, and cross trainers, StepMills, Precor AMT, rowing machines, and a SciFit upper body ergometer. A great way to keep your heart (and mind) healthy!

Cardio Deck Policies
- Consult your physician before beginning any exercise program. Exercise with caution at your own risk.
- Secure all personal items in lockers. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.
- Shirts and closed toed athletic shoes must be worn at all times.
- Stay hydrated with water. No food, gum, or other drinks allowed.
- 30 minute time limit, per machine, on all cardiovascular equipment when room is busy.
- Wipe all equipment after each use with the wipes provided.
- Please keep your language respectable.
- Please do not wear perfumes or colognes while exercising.
- Please treat other members and staff with respect.
- Absolutely no cell phone, camera, or pager use.
- Children under 16 are not permitted to use the cardiovascular equipment unless in a supervised program.

Weight Room
Whether you are interested in selectorized, plate-loaded, or free weight equipment, the Health, Wellness, and Athletic Center weight room is the place to go. This 2,022 square foot space is grounded with specialized Mondo™ flooring and filled with LifeFitness equipment. Resistance training is not only central to developing muscular strength and endurance, but can also slow the onset of osteoporosis, improve posture, and increase your metabolism!

Weight Room Policies
- Secure all personal items in lockers. Please use cubbies to store water and/or extra clothing. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.
- Athletic attire (shirts, shorts, or sweats) and closed toed athletic shoes must be worn at all times.
- Stay hydrated with water. No food or other drinks allowed.
- Spray and wipe all equipment after each use.
- Return weights and dumbbells to their appropriate racks after each use.
- Do not drop weights or bars against floors, mirror, walls, or rails.
- Do not rest on equipment between sets. Allow other members to work in.
- Please keep your language respectable.
- Treat other members and staff with respect.

**Track**
The track is located above the gymnasiums in the field house. Access to the track is from the second floor, to the east or west of the climbing wall. At 1/10 of a mile around, you only need to complete 10 laps to reach a mile! With specialized Mondo™ flooring, this 2 lane track is an excellent place to hold a “walking meeting,” or continue your exercise routine in inclement weather.

**Track Policies**
- Please adhere to track direction.
- Secure all personal items. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.
- Shirts and closed toed athletic shoes must be worn at all times.
- Stay hydrated with water. No food, gum, or other drinks allowed.
- Please keep your language respectable.
- Treat other members and staff with respect.
- Throwing objects over railings is prohibited.
- Absolutely no cell phone, pager, or camera use.
- Please do not wear perfumes or colognes while exercising.

**Climbing Wall**
Tower 3-stories, the Climbing Wall excites climbers with 46 feet of vertical synthetic climbing that soars toward a skylight. It offers both top-roped and lead climbing routes between the grades of 5.5 and 5.12d. This Eldorado wall boasts sustained overhangs, a synthetic crack system, powerful bouldering, and aesthetic climbing surfaces. Learn the basis behind climbing safety, belay tactics, lead climbing, and body dynamics at this phenomenal climbing facility.

**Climbing Wall Policies**
- All users must check in at the climbing wall front desk before entering the climbing area.
- No climbing is allowed while under the influence of intoxicating substances.
- Only approved climbing equipment may be used at the Westminster College climbing wall. No private ropes, quickdraws, or anchors may be used at the climbing wall. Lead ropes may be checked out from the Climbing Wall Front Desk by lead certified climbers. Do not remove ropes from the belay bars.

- No bare climbing or bare feet allowed at the climbing wall. Climbing or athletic shoes are recommended. Rental gear is available at the climbing wall front desk.

- Bouldering is not allowed above the indicated “bouldering line” marked clearly on the climbing wall surface. Westminster College recommends at least one spotter when bouldering.

- Solo or self belayed climbing is not allowed. Figure 8 knots are the only suitable knot for tying into a harness.

- Roped climbers have priority over bouldering climbers. Westminster College lessons have priority on all routes.

- Belayer’s MUST be standing attentive to the climber at all times.

- Loose, spinning or damaged holds or damage to the facility or equipment must be reported to Westminster College staff immediately.

- Unless specifically invited by a member of the Westminster College staff, users are not permitted behind the counter, in any of the storage areas, or behind the climbing wall.

- Food and beverages are not allowed in the climbing areas.

- Technical, belaying, and/or other climbing instruction by non-Westminster College instructors is not allowed on the premises.

User in violation of facility safety policies, or for conduct that is deemed by Westminster College as unsafe or inappropriate may be given a warning, or be expelled from the facilities for any given time period, based on the judgments of the staff and/or instructors. All users will comply with the judgments of the Climbing Wall staff and instructors.

Any user involved in a physical altercation, or who is caught in the act of theft or in possession of stolen property, or in any criminal activity at Westminster College may forfeit any or all facility privileges.

Field House
The center features a field house with a maple hardwood gymnasium and a multi-purpose court, equivalent to three standard gymnasiums, as well as a concession area, ticket booth, and racquetball court. At over 20,000 square feet, the field house is the home for Griffin basketball and volleyball, as well as intramural and club sport activities, with seating for 1,200 Griffin fans! Suspended above the gym floors is an elevated two-lane track with a high tech mondo rubber surface for runners and walkers alike.
Field House Policies

- Enter and exit the building through main doors on second level only.

- Stay hydrated with water. No food, gum, or other drinks allowed.

- Secure all personal items in lockers. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

- Non marking closed toed athletic footwear required.

- Please do not wear perfumes or cologne while exercising.

- Please observe appropriate sportsmanship at all times.

- Please keep your language respectable.

- Treat other members and staff with respect.

- Absolutely no cell phone, pager or camera use allowed.

Racquetball Court

Our Field House offers one racquetball court available for use to all members during hours of operation. Court reservations are recommended to guarantee court time. Please call the Reception Desk at 801.832.2860 to reserve your court time. Maximum court reservation time is one hour. Reservations have a 10 minute grace period; after grace period they are given to the first group waiting.

Wallyball

Wallyball is an exciting game of volleyball played in a racquetball court. A wallyball net is hung in the center of the racquetball court. Teams can consist of 2, 3, or 4 people. Players bump, set, and spike the volleyball with a few special rules that apply to the use of the walls. The Wallyball bag is available for check out at the Reception Desk. Please remember to reserve your court time. All racquetball reservation procedures apply to wallyball reservations.

Racquetball Court Policies

- Secure all personal items in lockers. The Health, Wellness and Athletic Center and its staff are not responsible for lost, stolen, or damaged articles.

- No personal items such as book bags, workout bags, etc. are allowed in the racquetball court.

- Protective Eyewear must be worn at all times and is required for the safety of all players.

- For your safety, thongs are required on racquets and must be around the wrist while playing.

- All metal racquets must have a plastic head guard.

- Stay hydrated with water. No food or other drinks allowed.

- Shirts and non marking closed toed athletic footwear required.
Please observe appropriate sportsmanship at all times.

Please turn off the court lights if no one is waiting for the court.

Please keep your language respectable.

Treat other members and staff with respect.

Children 12 and under must be accompanied on the court by an adult, 18 years or older.

No cell phone, pager, or camera use allowed.

Court reservations may be made up to two weeks in advance.

** Locker Rooms - LOCKERS ARE FOR DAY USE ONLY unless a rental contract has been signed and you have been issued a Westminster Lock. **

** Locker Room Policies **

- The Health and Wellness and Athletic Center is not responsible for items stored in lockers. Lockers are for day use only.

- Locks left on lockers will be removed and contents of locker cleared out.

- **NO CELL PHONES ALLOWED.**

- Lockers will be allocated for students enrolled in Human Performance and Wellness classes.

- Children ages 6 years of age and older should use the locker room of their own gender or use the family changing room located across from the locker rooms on the south side of the locker rooms.