

# OCCC WELLNESS CENTER

## USAGE RULES

### GENERAL USAGE RULES

1. All OCCC Wellness Center Users ("Users" are students and non-student members) must have a current Oklahoma City Community College (OCCC) student or membership ID card to enter the Wellness Center.
2. All Users must check-in at the Wellness Center desk to receive a wristband, which must be worn for the entire visit.
3. Users may present a valid student ID, membership card or valid state issued driver's license to check out Wellness Center equipment. Users are responsible for returning equipment and failure to do so may result in suspension from the Wellness Center until the equipment is returned.
4. Users must be at least 16 years of age to be present without an adult in the weight/cardio room, basketball court or group fitness class. A parent or guardian must accompany anyone under 16 years of age. Users must be at least 13 years of age in the weight/cardio room and at least 9 years of age in the basketball court or group fitness classes.
5. Users must wear athletic clothing and footwear in the Wellness Center.
  - Acceptable Attire:
    - i. T-shirts, shorts, warm-up suits, sweat suits, tennis clothing, aerobics/yoga attire, athletic shoes, and tank tops (permitted as long as they completely cover the torso).
  - Unacceptable Attire
    - i. Sandals, open toe shoes, bare feet or stocking/sock feet, hard-soled shoes, boots, string tank tops, midriff tops, sport bras worn as shirts, street clothing, jeans, zippers, belts, snaps, metal studs/chains, and items of clothing that may damage equipment, upholstery, or flooring.
    - ii. All shorts and workout pants must be worn at waist level and not below.
    - iii. Clothing or jewelry that compromises the safety of Users must be removed.
  - OCCC reserves the right to ask Wellness Center Users to adjust apparel or to leave the facility.
6. Bags or personal items are not allowed in the weight/cardio room. These items should be placed in the blue cubbies or in a locker. Users must bring their own padlocks and remove them daily.
7. No food or drink (except water) is allowed in the Wellness Center.
8. Loitering, horseplay, arguing, foul language, and inappropriate gestures are not permitted.
9. OCCC is not responsible for lost or stolen items.

### Basketball Court Rules:

1. Dunking, grabbing, touching, or hanging from the rim or net is prohibited. Staff will immediately ask anyone violating this rule to leave the Wellness Center.
2. Hitting or throwing balls against the walls is prohibited. Dribbling balls outside of basketball courts is prohibited.

### WEIGHT AND CARDIO ROOM RULES:

1. Users are required to wipe down all equipment, benches, and cardio-vascular machines after use.
2. Re-rack weight plates and return dumbbells to the proper location after use.

3. Avoid dropping dumbbells and clanking selected weight stacks.
4. Weights and bars of any kind should not be leaned against the wall, machine frames, pillars, equipment, or mirrors.
5. Earphones must be used with all personal music devices.
6. Cell phone and photographic device usage is strictly prohibited in fitness areas and locker rooms.

### ADDITIONAL USER TERMS AND INFORMATION

#### CLOSURE OF FACILITIES AND/OR MODIFICATION OF HOURS

OCCC reserves the right to limit access to, or temporarily or permanently close, facilities in case of an emergency, natural disaster, sociopolitical or economic changes, or for other reasons. The facility will have closure or modification of hours during holidays, school term breaks, and summer (these will be posted in advance). Additionally, the Wellness Center may be closed or subject to limited access during major facility or campus events.

#### AMENDMENT OF USAGE RULES AND FEE STRUCTURE

OCCC may, at its sole discretion, make amendments to the OCCC Wellness Center Usage Rules or the fee schedule at any time without prior notification. Such amendments shall be binding for all Users.

#### ASSUMPTION OF RISK AND WAIVER OF LIABILITY

Users who participate in recreational sports activities in the Wellness Center do so at their own risk. OCCC is not liable for any accident, injury, loss, or damage suffered by a User while in the Wellness Center. Participation in any recreational sports or recreational activity is on a voluntary basis. All Users are strongly encouraged to undergo a health evaluation and consult with a personal physician prior to participating in any recreational sport or activity.

By signing below, the User WAIVES AND RELEASES, indemnifies, holds harmless and forever discharges OCCC and its Board of Regents, agents, employees, and officers of and from any and all claims, demands, debts, contracts, attorney fees, expenses, causes of action, lawsuits, damages, and liabilities, of every kind and nature, whether known or unknown, in law or equity, that may arise from or in any way relates to participation in any event or activity conducted by, on the premises of, or for the benefit of OCCC.

#### TERMINATION OF OCCC PRIVILEGES

At its sole discretion, OCCC may terminate Wellness Center privileges if a User:

1. Fails to pay any monetary obligations to OCCC, whether under these OCCC Wellness Center Rules, or otherwise.
2. Fails to adhere to the policies, rules, regulations of OCCC.
3. Willfully damages any facility or equipment.
4. Intentionally enters incorrect information on the application form.
5. Violates any government laws, statutes, ordinances, or regulations.
6. Fails to act in an orderly manner or engages in improper conduct.
7. Fails to comply with instructions by staff regarding the OCCC Wellness Center Rules.

Any individual whose OCCC Wellness Center privileges are suspended or terminated may submit a written appeal to the Vice President of Student Affairs within 48 hours of their suspension. The Vice President of Student Affairs will review the appeal. The Vice President's decision will be final.

**FITNESS CENTER GROUP USAGE**

Athletic or intramural teams and other groups may not hold group or team workouts in any area of the OCCC Wellness

Center without prior permission from the Director of the Wellness Center.

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**User Signature**

**I have read, understood, and agree to abide by the Wellness Center Usage Rules. I understand that violating the rules and procedures or OCCC policies may result in my removal from the Wellness Center and suspension or termination of my membership or license to use the Wellness Center. I further understand that OCCC will not issue a refund in the event of termination or suspension of my Wellness Center privileges.**

**If the User is under the age of 18, both the minor User and the minor's parent or legal guardian are required to sign this document.**

\_\_\_\_\_  
Signature Date

Printed Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

OCCC ID Number: \_\_\_\_\_

Street Address: \_\_\_\_\_

Email Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

Country: \_\_\_\_\_

Parental or Guardian Signature  
(Required for Minor Users Only)

By signing below, I attest that I am the parent or legal guardian of the User signing above, and that I agree to all terms and conditions contained in the Wellness Center Rules and Additional User Terms and Information.

\_\_\_\_\_  
Parent or Guardian Signature, if user is a minor Date

Printed Name: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

Street address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code: \_\_\_\_\_