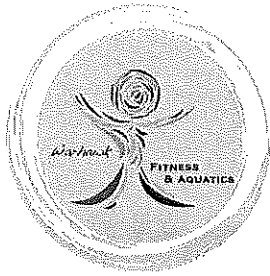


Williams Center Weight Room & University Fitness Center Policies

- Membership/Guest Pass required, age restrictions apply
- Members and guests are not permitted to workout when the facility is closed and/or without staff present.
- Dress Code:
 - Shirts must cover FULL torso. Backless shirts below the shoulder blades are not permitted.
 - Shorts/pants free of belts, studs, rivets and uncovered zippers.
 - Shoes that are closed-toe/heel, covering entire foot.
- Wipe down equipment before and after each use.
- Bring a second pair of shoes during inclement weather.
- Phone calls must be taken outside of the facilities.
- No unauthorized photos or videos permitted.
- Bags and personal belongings must be stored in cubbies or lockers provided (bring your own lock).
- UW-Whitewater, Rec Sports and staff are not responsible for lost or stolen items.

**These policies are in place to help protect against the transmission of viruses and infections. If dress code is not met, staff will ask individuals to change or leave the weight room.
Subject to change at any time.**



Warhawk Fitness Group Fitness & Cycling Policies

CLASS CHECK-IN PROCEDURES

- Arrive to class 15 minutes early, a staff member will check you in on-site.
- Have your Hawk Card/Membership ID ready to scan on-site to confirm membership.
- All registered members must be checked into the class location five (5) minutes PRIOR to class, otherwise the reservation will be forfeited.
- Drop-in reservations are allowed for any member as long as space allows.

PROGRAM POLICIES

- Membership/Guest Pass required (Fitness Membership, Gold Community Membership, Group Fitness only pass or day pass), age restrictions apply.
- Members and guests are not permitted use group fitness and cycling equipment when class is not officially in session.
- Dress Code:
 - Shirts must cover the FULL torso. Backless shirts below the shoulder blades are not permitted.
 - Shorts/pants free of belts, studs, rivets and uncovered zippers.
 - Shoes that are closed-toe/heel, covering the entire foot.
- Class reservations are available through the Rec Sports App 7 days in advance of the class.
- Limited spots available for each class and location; details for each class will be listed under each reservation.
 - There is a registration limit of two (2) classes per day.
- If the class is virtual, links will be provided.
- For your own safety, as well as being considerate of other members where space is limited, back-to-back class participation is limited to only two (2) classes
- Most classes will be held in the Williams Center Dance Studio. When weather permits, outdoor locations include the Wangerin Outdoor Tennis Courts and the outdoor basketball court on the south side of the Williams Center. Locations will be listed on the schedule in the Rec Sports App.
- Cycling classes are held in University Fitness, in the basement of Wells Hall:
 - Water bottle is required, towel is encouraged
 - Cycling doors open no earlier than 15 minutes prior to the class starting
 - Saving bikes is prohibited
- Aqua classes (when offered) are held in the Williams Center Pool.
- Classes will be canceled within ten (10) minutes if no participants show-up to take the class.

Williams Center General Pool Policies

1. Membership, valid Hawkcard or daily pass required.
2. Members and guests are not permitted to swim when the facility is closed and/or without lifeguards present.
3. Swimsuits required
 - Appropriate: T-shirts and board shorts may be worn **over** swimsuits
 - Inappropriate: **Athletic shorts, compression shorts/spandex, sports bras**
4. Must take a shower before entering the water.
5. Prohibited:
 - a. Street shoes on deck
 - b. Running/aggressive behavior
 - c. Hitting/hanging on flags or lane lines
 - d. Flipping off the side of either pools or diving in the training pool
 - e. Jumping or diving off lifeguard chairs or diving blocks
 - f. Leisure rafts
 - g. Eye or sun glasses worn in the water
6. Rules regarding the diving board
 - Only one person is allowed on the board at a time
 - Only forward motions are allowed
 - No double bouncing
 - Use of high dive is prohibited

Swim Test

The lifeguard on duty may request an individual to perform a swim test in order to swim in the diving well (1 lap/ 2 lengths of swimming in the training pool on their stomach, ex. Freestyle or breaststroke).

Disciplinary Action

You will be given one warning and then you will be asked to leave the pool for the day. If action continues, pool privileges may be revoked indefinitely. Incident reports will be given to the Office of Rec Sports & Facilities.

Emergencies

The lifeguards will serve as the first responders to all emergencies. If a life threatening emergency occurs, 911 will be called directly from the Williams Center Pool.

The Lifeguard staff will strictly enforce all rules and regulations mandated by the Office of Recreation Sports and Facilities and the Wisconsin Department of Agriculture, Trade and Consumer Protection.