

# WELLNESS CENTER MEMBERSHIP



**Primary Member:**

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

Select Eligibility:          Faculty/Staff          Affiliate          Student          Alumni

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

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

**Please list all individuals to be included on this membership (see restrictions below):**

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Relationship: \_\_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Relationship: \_\_\_\_\_

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Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Relationship: \_\_\_\_\_

- Memberships should only extend to dependent children (live at home or are claimed on taxes)
- Climbing Wall and Fieldhouse gyms are open to dependent children under 19
- Wellness Center (Cardio and Weights) dependent children **must be 19 or older**
- We ask that all members. Spouses and dependents over 19 are the ones that get ID's. Dependent's under 19 are not required to get an ID.



\*\*\*\*\*FOR OFFICE USE ONLY\*\*\*\*\*

ID #'s: 1) \_\_\_\_\_

Date: \_\_\_\_\_

2) \_\_\_\_\_

Initial: \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

5) \_\_\_\_\_

## **General Rules:**

- Member ID** must be presented to access the Wellness Center, Cushing Fieldhouse or HYPER gym. UNK Campus Recreation staff reserves the right to refuse admittance to or request that an individual leave the facility.
- Dependent children, under the age of 19 years old, are not allowed to use the Fitness Center and must be accompanied by a parent at all times while in the Cushing facility.
- Dependent children 19 years or older must get an ID to access the facility.
- Participation is at your own risk.
- All facilities should be used for their intended purpose. Modification of equipment or facilities are prohibited unless under the supervision of Campus Recreation staff.
- The use of cellular telephones, cameras and other devices with photographic or video capabilities is not permitted in the Wellness Center, Fieldhouse, Racquetball courts, HYPER gym or Locker Rooms unless permitted by the Campus Recreation staff.
- Wipe off all equipment when you are done using it. Replace all weights when finished. Do not drop the weights!
- Report any injury incurred in any of the facilities to the Campus Recreation staff.
- Report any fitness equipment issues to the Campus Recreation staff.
- Proper hygiene and etiquette should be practiced at all times.
- Proper athletic shoes are required at all times. No sandals. Wear proper attire while exercising. Shirts covering the torso, must be worn at all times.
- No smoking or tobacco use of any kind is allowed.
- No alcoholic beverages of any kind.
- No weapons of any kind.
- No food, coffee, or colored (pre and post workout) drinks are allowed in the Fitness Center. Water is the only drink allowed.
- No roller skates, roller blades, bicycles, scooters or skateboards are not allowed in Cushing Coliseum.
- Book bags, backpacks, gym bags, purses or other personal items are not allowed in the Fitness Center. Use Digi Lockers for small items. Patrons using the Climbing Wall are allowed to bring in a small bag.
- No radios, CD players, etc. without headphones. Keep your music to yourself.
- Harassment of any kind, including but not limited to, sexual, verbal, or physical innuendos is not allowed.
- Offensive language or conduct is prohibited.
- Loitering is prohibited.
- UNK Campus Recreation is not responsible for lost or stolen items.

## **Equipment checkout:**

Campus Recreation provides sports equipment for use in Cushing Coliseum. If you would like to use equipment, please see desk staff for assistance.

## **Accident/Injury:**

Participation in physical activity increases the risk of injury. If an accident or injury should occur, it should be reported to UNK Campus Recreation staff. UNK Campus Recreation will not be responsible for transporting members.

## **Locker Rooms:**

Locker rooms with shower and bathroom facilities are located in Cushing Coliseum. Locker rentals are done through the KSS office. Small personal items such as keys, wallets, etc. may be placed in the Digi-Lockers located in the Wellness Center.

## **Closures:**

UNK Wellness Center and Cushing Coliseum is subject to closure to the members as a whole or in sections for events as set forth by the University.

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### **Wellness Center Hours:**

Mon-Thurs	5:45am-10:45pm
Friday	5:45am-6:45pm
Saturday	10:00am-4:00pm
Sunday	1:00pm-10:00pm