

NOC Wellness Center

Rules & Regulations

1. All participants, upon each visit are required to sign in.
 2. Participants exercise at own risk.
 3. Persons between the ages of 14-16 must be accompanied by an adult who is also a wellness center member. Children under the age of 14 are not permitted inside the facility.
 4. No food, drinks, or tobacco in any form will be permitted in the weight room area except bottled water.
 5. Absolutely no horseplay allowed.
 6. The use of profanity or offensive behavior will not be tolerated.
 7. Shirts and shoes must be worn at ALL times. Open toed shoes such as sandals/flip-flops are not allowed.
 8. Break down all weights and replace dumbbells after use.
 9. Please do not bang or drop the weights or dumbbells on the floor.
 10. Keep facilities clean. This includes picking up your trash and wiping down machines after use. Disinfectant and paper towels are provided.
 11. NOC wellness is not responsible for the loss, theft of, or damage to personal property.
 12. Do not deface or destroy any property within the facility.
 13. Rules, regulations and facilities are subject to change without notice.
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- ❖ In case of emergency, dial 911 and wait for help to arrive.
 - ❖ In case of equipment malfunction please notify Summer McClure in the wellness center: Office #107 or by phone: 580-628-6757

Signature _____