

Access and usage to the West Virginia Wesleyan Wellness Center is limited to:

1. Wesleyan students
2. WVWC faculty/staff, spouses, and dependents.
3. Approved Wesleyan Affiliate Group employees, spouses, and dependents.
4. Children under 16 years are not permitted to use the facility.
5. Wesleyan students with valid ID Cards are automatically members through payment of tuition and fees when currently registered for classes.
6. Employees must present valid ID card to use the facility free of charge.

Lost and Found

Lost and found items are kept for one month. The WVWC fitness center is not responsible for lost or stolen items.

Facility Rules and Regulations

In the interest of providing a healthy and safe environment for our members and guests, please read and follow policies to assure your safety, so that you get the most out of your workouts while avoiding injuries and/or other complications. It is imperative that you understand and adhere to each of the following safety precautions, rules, and regulations.

Assumption of Risk

Patrons should consult with your physician before using our services and facilities. You understand and acknowledge that we have no expertise in diagnosing, examining or treating any medical condition. You agree you will not use the facilities with any medical condition, including open cuts, abrasions, sores, infections, maladies or inability to maintain personal hygiene, if such a condition poses a direct threat to the health or safety of yourself and others and agree you will use the facilities in accordance with all applicable public health requirements. It is your responsibility to consult with your physician to determine if any of these medical conditions exists and, if so, whether such condition poses a direct threat to the health or safety of yourself or others. The College reserves the right, however, to make the final determination in this regard.

Exercise Equipment and Equitable Use Policy

Members must use the equipment only in the manner intended by the manufacturer. Please follow all instructions and signage carefully. We reserve the right to limit your use of any equipment or facilities to ensure the equitable use of the equipment and facilities by all members and guests. Members shall not move or modify the equipment in any manner whatsoever. No free weight or loose equipment shall be used in connection with any mechanical equipment

or in any manner for which the equipment was not originally intended. If you believe any piece of equipment is malfunctioning, please notify our staff immediately. Patrons and guests may not bring in their own equipment. DO NOT USE the equipment if you are taking any medication that causes drowsiness or have any medical condition which makes such use inappropriate.

General Policies

1. All patrons must check in at the Fitness Center desk, and must present an identification card before working out. Failure to have the proper ID will result in denial of workout.
2. Loitering is not permitted in the fitness center. Any person or group of people who are in the fitness center and who are not exercising may be asked to leave, especially if the facility is crowded, and/or if the person or group of people is being loud and boisterous. The lobby area is not intended as a "hang-out."
3. Patrons must wear appropriate exercise attire at all times. A shirt must be worn to cover the upper body, shorts must be mid-thigh or longer; socks and athletic shoes are also required. The clothing must be for exercise purposes. Therefore, casual clothing is not allowed. No jeans, jean shorts, running shorts, or any article of clothing with zippers or rivets. No open-toed shoes, open-backed shoes, boots, sandals, or casual shoes are allowed. Failure to dress properly will result in denial to workout.
4. Locker rooms are available for storage of personal items. Staff cannot guarantee the security of valuables and are not responsible for lost or stolen items. You must bring your own lock and remove it at the end of your workout. Items will not be held at the front desk. It is therefore recommended that valuable personal items be left at home.
5. No one is permitted to use the facility under the influence of drugs or alcohol.
6. Bookbags and other personal items are not permitted in any program area of the facility.
7. Any display of poor conduct, fighting, abusive language, or willful destruction of college property may result in loss of facility use privileges, and, if appropriate, further disciplinary or legal action. Respect the rights of others by using courteous and appropriate behavior.
8. Observe proper personal hygiene by showering regularly, wearing clean clothing and using deodorant.
9. All patrons are encouraged to bring a clean towel to use on the weight equipment, and to wipe down cardiovascular equipment and weight machine padding after each use. Covering the padded equipment with a towel helps prolong the life of the equipment and keeps bacteria, such as MRSA from spreading to the next user.
10. Except for capped water bottles, eating or drinking is prohibited. No tobacco of any kind, chewing gum, glass bottles, or cans is permitted in any program area. Please dispose of all trash in the proper bins outside of the fitness center.
11. Only fitness center instructors and staff are allowed to provide instruction on exercise technique or equipment preparation and adjustments.
12. Wellness center participants should report all equipment malfunctions, personal injuries and specific concerns immediately to the staff.

13. All participants are to comply with fitness center instructors' directives regarding enforcement of policies related to safety, programming, exercise techniques and policies.
14. All equipment must remain in the area it was placed. Do not move equipment from one location to another.
15. All equipment must be used in the manner for which it was designed. Do not attempt to modify the equipment.
16. Do not attempt to use equipment if unfamiliar with the proper use. Please ask the fitness staff for assistance.
17. Animals are prohibited in the facility, unless utilized as a guide or assistant for people with disabilities.
18. Radios with headphones are permitted in the facility; however, other audio/visual media are prohibited unless authorized by fitness center staff. If you want music other than what we have...we suggest you bring headphones.
19. Bicycles, rollerblades, and skateboards are prohibited in all indoor facilities. Passing of footballs, kicking soccer balls, and throwing Frisbees are prohibited in the fitness center.
20. If damages occur to equipment or facilities, the responsible party will pay for the cost of the repair.
21. No weapons will be permitted in the facilities. This includes martial arts equipment.

Cardiovascular Area(s) Rules:

1. 30-minute time limit on cardiovascular machines must be observed when someone is waiting. The weight and fitness staff will determine when to enforce time limits.
2. Patrons must wipe down machines after use with the provided towels and cleaning solution.

Free Weight Area Rules:

1. All weight training should be performed in a controlled, safe manner. Dropping, slamming, or bouncing of weights (both with free weights or nautilus weight training equipment) is prohibited.
2. The "Buddy System" is required while working out in the designated workout areas. It is your responsibility to make your partner(s) aware if you have any significant health problems, which may affect as a result of exercise activity. Communicate with your partner(s) if you become disoriented, strained, stressed, short of breath, or dizzy.
3. The use of chalk is prohibited.
4. All free weights and dumbbells must be returned to appropriate racks when finished.
5. Do not put weight plates under the flat bench to make it a decline bench. Instead, do bench dips for lower chest or triceps machine and lean forward.

6. Do not step on any benches or machines. Use steps.
7. No standing on weight plates to do triceps at the lat pull-down station. Use steps.
8. All free weight equipment must be kept in the free weight area.
9. Weights and bars of any kind should not lean up against the walls, pillars, equipment, or mirrors.
10. Collars are to be used at all times to secure weights on bars.
11. Weight plates are not to be leaned against equipment standards and machines.
12. After utilizing equipment, strip bars and return plates and dumbbells to proper storage areas.
13. Members must use safety bars when using the squat racks, leg sled and Smith machine. Set the safety bars about one inch lower than your lowest movement with the bar.

Fitness Room A Reservation Policy:

Room A, is available to reserve on a first come, first served basis, when it is not being used for Rec Center programs.

1. Room A may be reserved up to 24 hours in advance for one hour at a time.
2. Only non-marking athletic shoes are allowed in the multi-purpose rooms (i.e. NO tap shoes, heels, boots, ECT)
3. No food or beverage (other than water) is permitted in the room
4. Participants do not have access or permission to use the equipment or stereo system. They must bring their own equipment.
5. Any student organization, group, or individual wishing to reserve Room A should contact...

Group Exercise Rules:

1. All group exercise class participants must be at least 16 years of age or older.
2. Classes are on a First Come, First Serve basis; therefore, participants are highly encouraged to arrive on time to class. Late participants may be denied entry to class, at the instructor's discretion, due to the importance of a sufficient warm-up period as well as disruption of class flow.
3. It is highly recommended that participants stay for the entire group exercise class to ensure participation in the proper cool-down and stretching phase of the class.
4. All equipment must remain in the multipurpose rooms and must be returned to its proper location after use. Equipment from other area may not be brought into the multi-purpose rooms.
5. Personal items can be stored in the cubicles provided in the multipurpose room, or in the locker rooms.
6. Only non-marking athletic shoes are allowed in the multi-purpose rooms.

7. All participants are encouraged to bring a towel and water bottle.
8. No food or drink, other than water, is permitted in the group exercise rooms.

Safety Precautions and Basic Gym Safety

This article's main purpose is to assure your safety, so that you get the most out of your workouts while avoiding injuries and/or other complications. It is imperative that you understand and adhere to each of the following safety precautions.

- 1.) Get a complete physical checkup before you start a strength-training program. You might have to modify or avoid weightlifting if you have muscle or joint problems, seizure disorders, heart disease, high blood pressure, previous injuries or any other physical condition with potential for danger.
- 2.) Be sure to always integrate warm-ups, stretching, and cooling-down into your program. This will reduce your risk of injury by increasing your blood flow and prepping your muscles for the work they are about to do. Using the proper lifting form is important not only to work your muscles correctly, but also to prevent injury. Always do your exercises through a full range of motion in a slow, controlled manner.
- 3.) When beginning a new weightlifting program--or any time you try a new exercise--always start out using light weights. It is far better to start out too light than too heavy. Choose a weight that you are sure is light and do a warm-up set of 15 repetitions, while perfecting the correct lifting technique. If the weight is too easy for 10 to 12 reps--in keeping with your goals--add a little more weight and gradually increase that weight within the next few weeks.
- 4.) Going to total muscle fatigue with a challenging weight is not useful objective in your first few weeks. When trying a new lift or starting a new routine, the objective is to practice and perfect your technique, and to learn how to concentrate on the muscle you are exercising.
- 5.) Proper breathing is essential in weightlifting. If you hold your breath while lifting a weight, you run the risk of raising your blood pressure and starving your brain of oxygen. You should try to exhale during the "positive," or main exertion phase, and inhale during the "negative," the phase in which you resist and come back slowly. If this becomes too confusing or takes away from your concentration on the lift, don't worry about it--just remember to breathe.
- 6.) Do not leave equipment lying around the weight room where someone could trip over it. Always use the collars that prevent weights from falling off the barbells. Be sure to keep your hands away from the chains, cams, pulleys, and weight plates of exercise machines when they are in use. Also, when selecting the weight for a machine exercise, be sure to push the pin in all the way. Be sure to wear a weightlifting belt on exercises that place stress on your lower back, such as bent-over lifts like squats, or barbell rows.
- 7.) Consider having a spotter. Having a spotter is important not only for safety reasons but also for performance enhancement. Few things work as well as a conscientious, knowledgeable spotter or workout partner who demands proper technique and full effort on every exercise set and repetition. An effective spotter gives encouragement, technique, feedback, and just enough assistance to permit completion of that final, difficult, repetition. No matter what your goal reps are, each set should end with the last repetition being challenging; you should try to go to muscle fatigue. Given this goal, there is always the chance that when trying for a final repetition, you just can't do it all on your own. This is where your spotter comes in--helping you just barely finish that last rep, and assuring you of your safety.
- 8.) If you do not have a workout partner at first, we strongly recommend trying to find someone with similar goals and interests to work out with you. This will not only help assure safety and motivation, it will also help you make it to the gym more often. If you aren't working with a partner at a gym, either ask a staff member or someone who looks experienced for a quick "spot". Most people will be happy to help you. Be sure you and your spotter have a plan so that each of you knows exactly what the other will do in case you need assistance.
- 9.) It is also important that you know how to correctly spot someone to assure his or her safety. When spotting someone, always be prepared to give a little assistance when they reach muscle fatigue (cannot complete the rep on their own). You don't want to help so much that the rep becomes easy for them to complete--give just enough assistance so that they can complete the set, but it is still challenging for them. Also, only provide assistance on the positive phase (the part that requires the pushing or pulling motion). Still have your hands ready to help, but don't help with the negative phase (the part where you resist the weights force)--the lifter should try to slowly resist the force of the weight all on his/her own.

-When spotting someone, who is using a barbell, be sure to use two hands and provide assistance evenly on the bar so you don't throw off their balance or favor one side more than the other.

-When spotting someone, who is using a dumbbell, be sure to provide assistance in the same place for both hands and the same amount of assistance on each side.

-When spotting someone who is using a machine provide assistance underneath the weight--be sure to move hands on the negative phase (down phase with resistance) not only to promote effective results for the lifter but also to assure your safety.

Strength training provides many important benefits that cannot be achieved by any other exercise or activity. However, when enjoying this great form of exercise, be sure to adhere to these precautions so that your program is not only effective, but safe as well.

Good luck! We hope you enjoy all the wonderful benefits of a safe and effective strength training program.

Target Heart Rate Formula

The target heart rate formula will tell you what your maximum and minimum heart rates should be while you are exercising. If your pulse is below your Minimum Target Heart Rate during exercise, then you aren't working hard enough; kick it up a notch! If your pulse is higher than your maximum target heart rate, pull back a bit. The goal is to keep your pulse within your target heart range while you are exercising. Let us know if you need help figuring your THR. Note: Most ranges are between 140-190.

$220 - \text{your age} - \text{resting heart rate} \times .85 + \text{resting heart rate} = \text{maximum heart rate}$

$220 - \text{your age} - \text{resting heart rate} \times .60 + \text{resting heart rate} = \text{minimum heart rate}$

reserves the right to revise or alter use guidelines at any time without notice.