

**Arkansas Northeastern College
Briggs/Sebaugh Wellness Center
General Rules and Regulations**

1. Membership Policy Statements:

- A. Arkansas Northeastern College (ANC) considers all faculty, staff, and currently enrolled students either part-time or full-time as members of the ANC Briggs/Sebaugh Wellness Center and they may utilize the facilities to the extent as outlined in the General Rules and Regulations.
- B. ANC considers spouses and dependents of full time faculty and staff as associate members of the Briggs/Sebaugh Wellness Center and they may utilize the facilities to the extent as outlined in the General Rules and Regulations.
- C. ANC considers those individuals who have purchased a Community Membership through the ANC Community Education Department as members of the Briggs/Sebaugh Wellness Center and they may utilize the facilities to the extent as outlined in the General Rules and Regulations.
- D. ANC considers retired faculty and staff, ANC Board of Trustee members, and ANC Foundation Board members as Wellness Center members along with their spouses and dependents as associate members of the Briggs/Sebaugh Wellness Center and they may utilize the facilities to the extent as outlined in the General Rules and Regulations.
- E. ANC does **not** consider spouses and dependents of enrolled students or part-time faculty and staff as members of the Briggs/Sebaugh Wellness Center unless they are currently enrolled as a student at ANC or are current Wellness Center Community Members.

Authorized Wellness Center Membership Table

Approved Membership Categories	Associate Memberships Included (Spouse and Dependents)	Membership Validation
Faculty & Staff (Full-time)	Yes	ANC Picture ID's
Faculty & Staff (Part-time)	No	ANC Picture ID's
Students (ANC Full & Part-time)	No	Currently Enrolled and ANC Picture ID's
Wellness Center Community Membership	No	Currently Paid WC Community Membership
ANC Retired Faculty & Staff ANC Board of Trustees ANC Foundation Board	Yes	ANC Issued Wellness Center Card
Administrative Approved Memberships	No	ANC Issued Wellness Center Card

2. Utilization Policy Statements:

- A. All members, associate members, and community members of the Briggs/Sebaugh Wellness Center may utilize the following amenities:
- Exercise Room (based on scheduled availability)
ANC Courses scheduled in the Exercise Room will have preference over general use by individual members.
 - Walking Track
 - Gym
 - Scheduled Intramural and Recreational Activities
 - Arkansas Delta Intramural League (ADIL) scheduled activities: currently **enrolled students only** meeting criteria.
 - Wellness Center Sponsored Educational Functions & Events
- B. All members, without exception, must complete the Modified Physical Activity Readiness Questionnaire (PAR-Q) before beginning any type of physical activity in the Wellness Center to include Health, Physical Education & Recreation Courses, ANC Community Educational Courses requiring physical activity and recreational activities or intramural sports. Executed copies of the PAR-Q will be kept on file and updated annually.
- C. All members utilizing the Wellness Center facilities, without exception, must present to the Wellness Center Front Desk with their ANC issued ID or membership card and scan or sign in before utilizing the facilities.
- D. Specific rules and regulations for scheduled ANC Health, Physical Education & Recreation Courses, ANC Community Education Courses and/or Wellness Center Activities will be provided by instructors or Wellness Center staff as indicated.
- E. No one under the age of 17 is allowed in the Wellness Center **unless** enrolled as a student at ANC or accompanied by an authorized parent member. No one under the age of 17 allowed in the Exercise Room **unless** enrolled as a student at ANC. Dependent children of authorized members (ages 8 -17) may utilize the Wellness Center amenities except for the Exercise Room but must be directly and visually supervised by the authorized parent member and not left unattended.
- F. Children under the age of eight (8) will not be permitted in the Wellness Center except for: scheduled events approved by ANC with appropriate supervision or as a spectator during scheduled events with appropriate adult supervision. At no time will children under 8 be permitted in the stairwells or on the Walking Track.

3. Dress Code Policy Statement:

- A. Participants must be appropriately dressed for all physical activities in the Wellness Center. Athletic attire is recommended.
- No street shoes are allowed in the Gym, Exercise or Aerobics room.
 - Street shoes may be worn on the Walking Track.
 - No flip flops, sandals, or open toe/heel shoes.

4. General Policies

- A. Entrance/Exit
Wellness Center members are to enter and exit the building through the Main Front Entrance. All other exits are designated for emergency use only and are equipped with alarms.
- B. No food or drinks other than water in closed containers are allowed in Gym, Exercise, and Aerobics room or in the classrooms.
- C. Equipment must be appropriately checked-out and returned after use and cannot be removed from the Wellness Center.
- D. Only the stations included in the Sirius XM Family Friendly subscription package may be played in the Wellness Center. Wellness Center patrons utilizing our facilities are not allowed to use their personal music devices and connect to the ANC receivers to play music.
- E. No personal fitness equipment will be allowed in the Wellness Center.
- F. Do not leave personal items unattended in the Wellness Center. Arkansas Northeastern College is not responsible for lost or stolen items. Please check with the Reception Desk to inquire about locker usage.
- G. All recorded lost and found items are saved and stored at the Reception Desk of the Wellness Center. After one week the items will be turned in to the ANC Security Department located in the ANC Student Center.

5. Emergency Procedures

- A. In the event of severe weather or other emergencies, patrons may be directed to designated shelter areas within the Wellness Center.
- B. In the event of a serious emergency, please follow all instructions provided by designated Wellness Center staff.

6. Safety and Sportsmanship Policy Statements:

- A. Participation in ANC Wellness Center activities and Intramural Sports is completely voluntary. Individuals participate at their own risk and assume responsibility for their own health and safety.
- B. Arkansas Northeastern College Briggs/Sebaugh Wellness Center is not liable for injuries sustained during participation in recreational and Wellness Center sponsored activities. It is strongly recommended that all participants consult their primary care provider and/or have a physical exam prior to participation. ANC does not provide personal accident/health insurance. Therefore, participants are urged to secure their own insurance.
- C. Wellness Center members are expected to be responsible, courteous, and safety conscious at all times during all events and activities.
- D. Sportsmanship is a vital part of ANC Wellness Center scheduled activities and Intramural Sports. Participants in these activities should not become so engaged with winning or competing as to lose sight of appropriate behavior.
- E. Participants traveling to other Colleges or venues representing ANC will be expected to abide by the ANC Wellness Center Safety and Sportsmanship Policies and adhere to the Code of conduct while traveling and during all off Campus events.
- F. The Wellness Center facilities and grounds are not venues for physical or verbal abuse for participants or spectators.
- E. No running in the hallways or stairs.
- F. No fighting or behavior that is disrespectful to other members.
- G. Any misconduct (fighting, profanity, or any disrespectful behavior) abuse of equipment or Wellness Center personnel will not be tolerated.

7. Code of Conduct

ANC is committed to creating a safe, comfortable, and enjoyable experience at the ANC Briggs/Sebaugh Wellness Center for all patrons. The staff will proactively intervene to support an environment where all members can enjoy the facilities, games and activities free from the following behaviors.

- Foul/abusive language or obscene gestures

- Intoxication or other signs of impairment related to alcohol consumption or illegal drug use
- Use of tobacco products and electronic smoking devices
- Fighting, taunting, or threatening remarks or gestures
- Unlawful possession of weapons of any kind
- Loud and disruptive behaviors
- Horseplay posing safety risks to participants or others
- Gambling and/or betting of any kind
- Mistreating any equipment, furniture, or facilities
- Displays of affection not appropriate in a public setting
- Obtaining entrance under false pretense

8. Violation of Safety and Sportsmanship Policy Statements, Code of Conduct or General Rules and Regulations:

ANC reserves the right to refuse entry or to remove anyone whose behavior violates the Safety and Sportsmanship Policy Statements, Code of Conduct Policies, or consistently disregards the General Rules and Regulations or demonstrates behaviors that are unruly, disrespectful or illegal in nature.

ANC Wellness Center staff will immediately notify ANC Security in the event of any incident or behaviors that are unruly, disrespectful or illegal in nature. Individuals may be escorted from the Wellness Center and requested to leave the Campus. ANC Security may contact the local police authorities based on the nature of the incident.

Membership privileges could be suspended or revoked. Length of suspension from the Wellness Center may vary based upon the severity of the situation. All incidents will be reported to the Director and VP of Student Services for further review and/or actions.

Revised and Approved by ANC Administrative Affairs Committee 9/12/2019