General Guidelines
1. Participation is at your own risk.
2. All members are required to check in at the Recreation Center Office upon entering the building.
3. WSCC Recreation Center users are expected to respect the WSCC Recreation Center and the rights of other individuals. Any user who engages in disorderly conduct, including verbal, non-verbal, or physical abuse of an employee or other user is subject to immediate removal from the Recreation Center and possible loss of membership privileges.
4. WSCC is a smoke-free/tobacco-free Campus. No alcoholic beverages allowed in the Recreation Center.
5. Please be respectful of the building hours of operation. If you are planning on showering after your activity, please plan accordingly.
6. Portable speakers, for broadcasting personal music, are not allowed. Please use headphones if you choose to listen to your personal music.
7. Proper attire must be worn at all times. Please refer to our Dress Code Policy.
8. WSCC is not responsible for lost, stolen, or damaged personal belongings. Lost and found items will be held at the Recreation Center Office for no longer than two weeks.

Membership Guidelines
1. All memberships will include the yearly maintenance shutdown of the Recreation Center.
2. Memberships and use of particular privileges shall not be transferred from one person to another.
3. All members are required to check in at the Recreation Center office before using the facility.
4. No food or beverages are permitted in the pool, gym, weight room, racquetball courts or wellness center. Water bottles or bottled water are the only exception to this rule.
5. At times, parts of the facility may be reserved for classes, graduations, and other events.
6. On any day the College closes due to inclement weather, the College will remain closed through midnight of that day. Some campus facilities (i.e. Recreation Center and Ice Arena) may continue to operate if only classes are cancelled.
7. West Shore Recreation Center will be closed to recognize certain holidays during the year, these will all be included as part of any memberships.
**Dress Code Policy**
Attire suitable for a family-friendly facility is required at all times.

**Shirts**: Shirts must cover the midriff area. Attire with inappropriate or offensive graphics and/or language are not allowed.

**Pants/Shorts**: Attire should not expose midriffs or undergarments.

**Shoes**: Shoes must be closed toe in all areas of the facility (gym, wellness center, weight room, racquetball court), except the locker rooms and pool area.

**Swimsuits**: Are required when using the pool and whirlpool.

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**Wellness Center Guidelines**
1. It is recommended that all new members schedule an orientation session prior to using the wellness center.
2. Users must be at least age 15 to exercise in the wellness center without parental supervision. Individuals of age 12-14 may use the wellness center with parental supervision.
3. Please use a disinfectant wipe to clean all equipment after use.
4. Clean fitness shoes are required.
5. Circuit users have the right of way at all times. Do not selectively use pieces of equipment in the circuit and interrupt another member’s program.
6. The movement of the circuit is from east to west.
7. During peak times, there is a 30-minute limit on each piece of cardiovascular equipment (treadmills, ellipticals, stair climbers, bikes, and rower).
8. Please store your belongings (coats, workout bags, etc.) in the locker room.
9. The TVs will only be changed by our staff at the request of our users. Priority will be given to those who are using the cardiovascular machines in view of the TVs on a first come first serve basis. You may hear the TV audio with personal headphones and connecting to our CardioTheater system.
Weight Room Guidelines
1. Patrons must be 15 years or older to use weight room. For safety reasons, anyone under this age will not be allowed in the weight room.
2. Please use a disinfectant wipe to clean equipment after use.
3. Please place all weight plates and dumbbells back on weight racks when finished.
4. Do not drop the weights on the floor.
5. Do not exercise alone when possible and make sure to always use a spotter.
6. Do not place any weights on the upholstered benches.

Pool Guidelines
Most pool accidents occur on the deck and in the shallow water due to carelessness, horseplay and running.

General Pool Guidelines
1. Posted guidelines and regulations are for your safety. Please obey the lifeguards at all times. Anyone who disobeys the guidelines or displays inappropriate behavior may be asked to leave the pool immediately.
2. Absolutely no swimming permitted without WSCC lifeguard supervision.
3. Lifeguards may restrict activities to ensure the safety of all patrons.
4. Swimmers MUST shower before entering the pool.
5. Swimsuits are required – no cutoffs or t-shirts are permitted.
6. Swimmers with open cuts, sores and/or wounds will not be permitted to enter the pool. If you are feeling ill, please do not swim.
7. No shoes, food, drinks or gum allowed on the pool deck or in the pool.
8. No floating devices allowed, except WSCC approved life jackets, kickboards, pull buoys and small flotation devices approved by the lifeguard on-duty.
9. No running, pushing or throwing people in, dunking or rowdy behavior allowed.
10. All safety and rescue equipment is to be used by WSCC lifeguard’s only.
11. Swim fins, masks and snorkels may be worn in the water.
12. No diving in the shallow end.
13. One person on the diving board at a time, one bounce per dive and flips limited to the diving board only.
14. Pool equipment may not be taken out of the pool area.
Children’s Safety Guidelines
1. Lifeguards are authorized to give swimming tests if they are concerned or uncertain of one’s ability.
2. Kickboards are for lap swimmers and instruction. They are not toys, surfboards or floatation devices for children.
3. Children wearing flotation devices MUST be accompanied by an adult in the water at all times.
4. Children under the age of 12 must be accompanied by an adult while in the pool area.

Whirlpool Guidelines
1. Shower before entering whirlpool
2. People suffering from heart disease, diabetes, or high blood pressure should not use the whirlpool.
3. Children under the age of 5 are not permitted in the whirlpool.
4. Pregnant women should consult their physician about whirlpool usage.
5. Maximum use of the whirlpool should not exceed 15 minutes
6. Maximum number of people in the whirlpool should not exceed 6.
7. No Diving.
8. Whirlpool is maintained at approximately 102 degrees.

Locker Room Guidelines
1. Lockers are available to rent for frequent users. Please see Recreation Center Office Staff for locker rental fees.
2. All West Shore Community College employees, students, and community members have a right to safe and appropriate restroom and locker room facilities, including the right to use facilities that correspond to their gender identity. Any individual who has a need or desire for increased privacy, regardless of the underlying reason, may access the single-occupancy, gender-neutral (unisex) restroom.
3. Daily lockers are available. You may bring your own personal lock, but it must be removed when you leave the facility each day. If a lock is left on overnight, it will be cut off and contents emptied out of the locker.
4. Be respectful to other patrons and leave your changing area clean and uncluttered.
5. Youth age 5 and under can accompany their caretaker in opposite-gender locker rooms. Youth age 6 and older are expected to use their same-gender locker room OR the unisex bathroom. If requested and available, a WSCC staff member of the same gender will escort the child through the locker room.
6. Please turn off showers after using them.
7. Please dry off in the designated area before leaving the shower area.
Open Gym Guidelines
1. Hanging on basketball nets or rims is not permitted.
2. Users 10 and up may use the gym without parental supervision. Any user under that age MUST have a supervising adult in the facility.
3. Please remember this is a family-oriented facility so refrain from inappropriate behavior. (No Profanity)
4. If you need equipment set up, (volleyball net) please inquire at the Recreation Center office.
5. Users will be responsible for their personal belongings.
6. Special programming may pre-empt open gym use, please call (231) 843-5543 for updates.
7. Balls are removed from the rafters at the College’s convenience.
8. Gym is available for private rentals based on an hourly and daily rate, call (231) 843-5543 for more information.

Racquetball Court Guidelines
1. Court reservation is on a first-come first-served basis.
2. Eye protection must be worn at all times when playing racquetball.

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