Entry
- All patrons are required to bring a current validated UH Mānoa I.D. or proof of membership, a towel, and proper athletic attire.
  - Workout towels are available for purchase at the front desk.
  - Workout towels are available for checkout
- Personal music/mobile devices are allowed as long as they are not disruptive to others in the WRC.
- Use of the WRC for personal monetary gain violates WRC policy relating to facilities and services. Solicitation is prohibited.
- A WRC staff member must accompany visitors touring the WRC after signing the waiver.

Attire
- Workout/sport specific attire is required at all times while working out in the WRC.
- Closed toe/closed heel athletic shoes must be worn at all times while in the fitness areas.
- Shirts and shorts should be suitable and provide adequate coverage of the body.
  - (Showing of private parts, bare chest/back, or buttocks is strictly prohibited. Clothing with zippers, buttons or rivets of any kind are not allowed as well).

Equipment Usage
- All patrons using the SkyWall, BoxMaster, or Olympic Platforms must sign the waiver form prior to every use.
- All patrons must show respect for all equipment and the facility.
  - Ex - No slamming, throwing, and/or dropping weights, no equipment on upholstery, etc...
- Cleaning towels and sanitizing spray are provided in carts. Place dirty/used towels in the bottom rack of designated carts.
- Do not spray solution directly on equipment.
- Keep equipment in designated areas (i.e. 1st floor fitness area, 2nd floor fitness area, court, etc.).
- Return equipment to designated area after use.
- Clips/collars must be used on all barbells.
- Patrons will be held liable for equipment checkouts that are not returned by the closing time on the day it has been checked out.
- The multipurpose room is available for use when fitness classes are not in session.
- Stay in designated running, jogging, and walking lanes on the track. Follow assigned direction posted on the track railings.
- No equipment is permitted for use on the track.
- Equipment usage on courts is only permitted in designated equipment usage areas.
- Wiping down equipment after use is highly recommended.

⚠️ Wiping down equipment will reduce the risk of dangerous infections
**Fitness Classes**

- Classes operate on a first-come, first-served basis.
- Class schedules are subject to change depending on instructor availability.
- Due to liability reasons, the WRC does not allow any personal or group training by anyone other than an Informal Recreational Staff Member.

**Food and Drinks**

- No food or drinks are allowed in the WRC.
  - Exemptions include: bottled water and sport drinks in a non-glass, sealable container.
- No smoking of tobacco products (including e-cigarettes) and/or other use of illegal substances.

**Lockers**

- SRS is not responsible for any lost/stolen or damaged items. Do not leave valuables unsecured.
- All backpacks or personal handbags must be stored in cubbies or lockers while using the WRC.
- Day use lockers are for use only while working out in the WRC.
- You must provide your own padlock for day use lockers located in the locker rooms.
- There are lockers available for rent. Please see front desk for more information.
- Personal articles may not be secured on or outside of locker.
- Locks will be removed and lockers will be cleared on a daily basis. This will occur at the closing time.

**Safety**

- The Informal Recreation Staff have the right to prohibit any movements, exercises, activities, etc...
- Participate at your own risk. The WRC will not be held liable for any injuries that occur in this facility.
- Participation in an exercise program can present an increased risk of physical injury.
- Consult a physician before starting any exercise program.
- Use or misuse of equipment can potentially be hazardous. It is your responsibility to know the correct operation of the equipment.
- Contact an Informal Recreational Staff Member for basic equipment assistance
- Immediately notify an Informal Recreational Staff Member of any injuries, damages, or faulty equipment.

**Photography/Videotaping**

- All photography/videotaping must be done using care for patrons.
- Participants’ personal privacy and space must be respected at all times.
- If a participant may be identified in any shot, their permission must be obtained.
- Participants have a right to decline being in any shot.
- Photography/videotaping may not be conducted in the locker rooms and restrooms.
- Student Recreation Services reserve the right to have photos/videos removed from all viewing formats should the department determine that it either represents the department and/or school inappropriately or has not met all of the guidelines required.

**Conduct**

- All patrons are expected to adhere to guidelines and procedures approved by Student Recreation Services Director and Associate Director as well as those listed in the Student Conduct Code of the University of Hawaii at Manoa. Use of the WRC is a privilege and failure to adhere to the printed Policies and Procedures of the staff governing participation, lockers, towels, equipment, dress, reservations of areas, smoking, food and drink, and conduct will result in administrative and/or disciplinary action, including cancellations of privileges.

For any questions or more information please call: 808-956-5490