

Glen Oaks Community College
Fitness/Wellness Center
Orientation

NSH 106

Welcome

- ❑ Welcome to the Glen Oaks Community College Fitness/Wellness Center Orientation for NSH 106 students.
- ❑ This orientation will help students become familiar with the workings of the Fitness/Wellness Center and allow the time spent there to be more pleasant.

Policy overview

- ❑ Everyone who uses the Fitness/Wellness Center must log in and out on the computers before and after working out.
- ❑ To log in and out everyone must have a GOCC issued student ID card.
- ❑ Health release, acknowledgement form and equipment worksheet must be complete and on file in the Center **before working out for the first time.**
- ❑ All participants must abide by the Fitness/Wellness Center dress code.

Policy overview

continued

- ❑ Everyone using the Center must bring in a towel from home, or rent a towel from the Center for each workout
- ❑ Locker rooms are available for changing and showering
- ❑ Food and drinks other than water are not allowed in the Center
- ❑ Cell phone usage is prohibited during workouts

Dress Code

Do

- Wear clean, supportive, athletic shoes
- Wear athletic type shorts
- Wear t-shirts
- Wear sweats or workout pants
- Wear adequate, supportive undergarments

Don't

- Wear boots, sandals, or non-athletic shoes
- Wear low rise shorts or "short shorts"
- Wear cut off, cut up, or midriff shirts
- Wear "strappy" tank tops
- Wear low cut shirts that show cleavage
- Wear PJ bottoms
- Wear jeans or denim/cargo shorts
- Wear spandex or very tight shorts/leggings

Dress Code

- ❑ Please use discretion when dressing for a workout
- ❑ Any clothing that has to be “re-adjusted” often is probably not a good choice
- ❑ The midriff must be covered at all times for males and females
- ❑ If wearing a shirt with the sleeves cut off, a tank top just be worn under to cover the stomach

Towel Policy

- ❑ Everyone who works out in the Fitness/Wellness Center **must have a towel when working out**
- ❑ Participants who forget a towel can rent one for 50¢
- ❑ If you forget a towel and do not have 50¢, you can write an IOU and pay for your towel on the next visit.
- ❑ Participants can only have one IOU at a time, so if you forget a towel and have an existing IOU, you will not be allowed to workout.

Closing comments

- ❑ It is important that if you have any questions about the requirements for using the Fitness/Wellness Center that you ask an on duty lab tech when you visit.
- ❑ However, the lab techs will not be able to answer questions directly related to your NSH 106 class requirements.
- ❑ All questions directly related to course material, or fitness assessments and testing need to be directed to your classroom instructor.

Orientation on-line quiz

- The orientation presentation segment is now complete
- Please click on the following link to complete the on-line quiz
- The orientation will not be complete until a 100% is obtained on the on-line quiz
- Feel free to use any of the course paperwork to complete the quiz
- Completed orientations will be forwarded to instructor
- Link: [Fitness/Wellness Center Online Orientation Quiz](#)