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Originating Office:	Wellness Center
Responsible Executive:	Vice President for Student Services
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Wellness Center Age Restrictions

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I. REASON FOR THIS POLICY

Age restrictions have been established at the USD Wellness Center in order to ensure the safety of both the patrons and the facility.

II. STATEMENT OF POLICY

Age Restrictions to the University of South Dakota Wellness Center

- a. Minors (under 15 years of age) must have a health history and waiver signed by a parent or legal guardian.
- b. The minor must be supervised by a parent, guardian, or someone 14 or older at all times. Without proper supervision, minors will be denied access to the facility.
- c. Minors under the age of 16 will not receive individual membership cards but will enter under their parent/legal guardian’s membership.
- d. Age 16-17 may have their own membership but must have parent/legal guardian sign a minor waiver. They will receive their own membership card and be able to use the facility without parent/legal guardian being present.
- e. Age Specifics:
 - 1. Ages 6-9:
 - i. Able to utilize rock wall

- ii. Utilize the track with supervision
- iii. Use the Courts (Basketball, MAC, & Raquetball) with supervision
- 2. Ages 10-11:
 - i. Able to utilize rock wall
 - ii. Utilize the track with supervision
 - iii. Use the Courts (Basketball, MAC, & Raquetball) with supervision
 - iv. Attend Group Fitness Classes if accompanied by a parent/legal guardian
- 3. Ages 12-15:
 - i. Able to utilize rock wall
 - ii. Utilize the track
 - iii. Use the Courts (Basketball, MAC, & Raquetball)
 - iv. Attend Group Fitness Classes
 - v. Use cardio and weight equipment
- 4. Ages 16-17:
 - i. Full access to the facility

III. DEFINITIONS

- 1. **CARDIO EQUIPMENT**: elliptical, treadmill, step mill, etc.
- 2. **GROUP FITNESS**: Organized group exercise classes such as Yoga, Step, Kettlebell, Zumba, etc.
- 3. **MAC COURT**: Multipurpose-Activity Court
- 4. **ROCK WALL**: indoor climbing wall

IV. PROCEDURES

Failure to comply with this policy could result in disciplinary actions up to and including loss of membership privileges by the patron and/or the guardian.

V. RELATED DOCUMENTS, FORMS AND TOOLS

Not Applicable