



TRIDENT TECHNICAL COLLEGE

The InterTech Group Wellness Center Handbook



Welcome to Trident Technical College

InterTech Group Wellness Center

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As a participant you can help Trident Technical College in our quest to be the cornerstone of wellness for the Trident Technical College Community.

This handbook will help guide you through the facilities, policies and procedures. On behalf of the Wellness Center Staff we would like to welcome you to our facility located on the Main Campus, Building 950/117 next to the bookstore.

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Participants I.D. Badge

In order to participate in any classes or to use the Wellness Center you must have a current Trident Technical College I. D. Badge (faculty, staff or student).

Participant's Responsibilities

Participants expressly assume the risk of damage to property and harm or death to themselves. Accordingly, neither Trident Technical College nor any of its agents, or employees shall be liable to the person or any of the persons' family, agents, or employees for any damage to persons or property when and to the extent that any such damage or injury may be caused, either proximately or remotely, wholly or in part, by any action or omission, whether negligence or not, of the Wellness Center, or any of its agents, employees, or due to the condition or design of any defect in the building, its mechanical system, or its equipment.

WELLNESS CENTER GUIDELINES

Operating Hours

Hours of operation will vary from semester to semester based upon the needs of the College. Please check the portal for the most up-to-date hours of operation.

Lockers

Lockers are for daily use only. Participants must provide their own locks. Personal belongings should be placed inside a locker during a workout session. Locks remaining at the end of the day will be cut off and the valuables will be turned in to Public Safety. Please remember to lock all personal items. The Wellness Center is not responsible for lost or stolen items.

Cell Phones and Other Devices

Please be courteous when making and receiving calls. Please silence cell phones while in the Wellness Center and please refrain from using cellphones or cameras in the locker room or workout area for the privacy and consideration of others.

Front Desk Phone

The front desk phone is for incoming calls such as inquiries about the Wellness Center and emergency situations. The wall phones located throughout the Wellness Center are for campus calls only.

Use of Selectorized Equipment

Please ask if you are unsure of seating adjustment and set up of selectorized equipment (weight stack machines). Proper body alignment must be ensured to achieve an optimal workout. Each piece of equipment displays a pictorial to illustrate muscles worked. Care must be taken in lifting and lowering the weight stack to avoid slamming of the weight.

Free Weights

Please restack weight plates after using them for squatting or lifting, to their appropriate place of storage. Free weights must be kept off the floor for safety, and stored on the vertical weight tree, or the three tiered weight rack located in the weight room.

WELLNESS CENTER RULES

1. To be admitted: Employees must have a current TTC picture ID and have completed the on-line waiver. Students must be currently enrolled in at least one course, completed the on-line waiver, and have a current sticker on the picture ID card.
2. You must swipe your TTC I.D. badge each time upon entering or exiting the Wellness Center.
3. No guest allowed at any time.
4. Athletic attire must be worn in workout areas. In addition, no denim or street clothes, shirts must be worn at all times covering the mid-section, appropriate under garments must be worn, closed toe athletic shoes only, no belts, or cut off pants or buckles, and workout pants or shorts must be worn at or above the waist.
5. No gum, tobacco products, alcohol or drugs.
6. Equipment must be wiped down after each use with disinfectant wipes provided.
7. No slinging or slamming weights or other equipment.
8. No use of profanity.
9. Volume level on music devices must be kept at an inaudible level.
10. Notify Wellness Center Staff immediately if equipment is damaged or broken.
11. Weights must be re-racked and stored in proper place after use.
12. Spotters must be used when appropriate and safety keys must be worn at all times when on treadmills.
13. No equipment is to leave the facility at any time.
14. Thirty minute limit on cardio equipment if someone is waiting.
15. All locks must be removed from lockers daily.
16. Cell phones are not allowed in aerobic room and must be silenced on the workout floor.
17. All book bags, gym bags, purses or anything that doesn't fit into equipment compartments must be left in the locker room or outside the Wellness Center.



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ACKNOWLEDGEMENT OF POLICIES AND PROCEDURES

I have read and understand the policies and procedures of the Wellness Center and agree to abide by all policies and procedures listed within this document. I understand that my privileges to the Wellness Center can be revoked at any time if I do not abide by all policies and procedures listed in this document.

Signature _____ Date _____

**TRIDENT TECHNICAL COLLEGE****USE OF FITNESS EQUIPMENT & WELLNESS CENTER ACTIVITIES
WAIVER OF LIABILITY AND RELEASE**

PLEASE READ THE FOLLOWING CAREFULLY. IF YOU HAVE ANY QUESTIONS, HAVE THEM ANSWERED BEFORE SIGNING THIS DOCUMENT.

In consideration of being permitted to utilize the TTC Wellness Center and fitness equipment in the TTC Wellness Center, in full recognition and appreciation of the dangers and risks inherent in such activities, I hereby covenant not to sue, and hereby waive, release and forever discharge Trident Technical College, its officers, agents, and employees (collectively “the College”), from and against any and all claims, demands, injuries, actions or causes of action, for costs, expenses or damages to personal property, or personal injury, or death, which may result from my utilization of the aforesaid facilities and equipment, or while in transit to or from the equipment, or in any place or places reasonably connected with the equipment.

I acknowledge that my use of the equipment referenced above is voluntary. I understand and acknowledge that the aforesaid equipment may be hazardous, that my utilization is at my own risk, and that I assume full responsibility for any resulting injuries and damages. I declare that I am physically fit and capable to utilize the equipment. I further agree to indemnify and hold the College harmless from any loss, liability, damage or costs, including court costs and attorney’s fees, incurred as a result of my utilization of the facilities and equipment. This Waiver of Liability and Release shall be governed by and construed under the laws of the State of South Carolina.

I recognize that this Waiver of Liability and Release means that I am giving up, among other things, my right to sue the College, for injuries, damages or losses I may incur as a result of my utilization of the aforesaid facilities and equipment. I also understand that this Waiver of Liability and Release binds my heirs, executors, personal representatives, administrators and assigns.

I have read this Waiver of Liability and Release, I understand it and I agree to be legally bound by it.

[Click here to provide electronic acknowledgement of the Policies and Procedures and the Waiver of Liability and Release.](#)