

Welcome Back! Your health is our mission

Please abide by all safety policies posted for your protection.



MUSC WELLNESS CENTER: REVISED POLICIES

The MUSC Wellness Center has safely operated to protect our students, members, and employees from the pandemic since its reopening on May 28, 2020.

Please thoroughly read all policies in place for your protection. Members must follow all policies at all times. Thank you for helping us keep the Wellness Center safe and clean.

We are excited to continue supporting you in your health journey!

Facility Hours:

Hours will be temporarily reduced to allow time for daily deep cleaning of equipment and the facility. The pool closes 15 minutes prior to facility.

Monday – Thursday
5:30am to 9:00pm

Friday
5:30am to 7:00pm

Saturday – Sunday
9:00am to 4:00pm

Pool closes 15 minutes
prior to facility.



Key Policies For Your Protection



Do not enter the building if you have a cough, any fever symptoms of any contagious illness. Before returning, you must be free of fever for 72 hours without the use of fever reducing medications.



Members coming on their first visit since reopening will be asked to sign an Acknowledgment of Risks and Expectations along with the Release of Liability and Waiver Agreement.



Hand sanitation stations and wipes are placed throughout the facility.



Wash your hands often and for at least 20 seconds following CDC guidelines.



Practice safe social distancing: at least 10 feet apart in exercise areas and at least 6 feet apart in all other areas.



Members are required to wear masks at all times when entering the facility and in all hallways, locker rooms and stairwells. This includes when walking from the free-weight room to the cardio room. Masks are required by both people when exercising together or when spotting. Masks are required at **all** times when talking. The **ONLY** time members can remove their mask inside the facility is: When members are actively exercising at a higher intensity (when moving to another piece of equipment during the workout a member is not required to re-mask), not talking (talking while exercising requires a mask by both people) **AND** are at least 10 feet from anyone else.



Employees are required to wear proper fitting masks (no gaiters) at all times. We highly recommend you invest in a mask that provides the most protection possible and fits well.



Members must bring their own exercise mat, water bottle, and sweat/pool towel. There will be no towel service and no drinking from water fountains.



Members are required to wipe down all equipment and touch points with the approved disinfecting wipes.



No shower, sauna or steam, or hair dryers will be available.



We will limit room capacity to promote social distancing.



Once a room capacity has been reached, there will be no cell phone use so all members can move through their workout quickly and efficiently.

More Questions?

Read our important FAQ's below!

Communication & Information

Q: Where can I find the latest updated information, and how will you communicate information to members?

A: Our most direct way to communicate with members is through email. If you are not receiving our emails, it is necessary to [update your email here](#). You can also [visit our website](#) for the latest information. If you have membership questions, [contact us here](#).

Arrival Process

Q: What does the entry process look like?

A: The membership lobby doors and the parking garage door will be available for entry and exit.

- Social distancing of 6 feet apart is clearly marked as you enter the facility.
- Before and after the turnstile, we request you use hand sanitizer provided.
- The turnstile against the wall and furthest from the membership desk is available for entry. Key fobs will be used for entry and issued to members as needed.
- Signs are posted throughout the building as easy reminders of our mandatory policies and guidelines. Please follow all safety protocols.

Q: How long will it take for the entry process and will I have to wait for an exercise room?

A: The entry is arranged for an easy flow, and we will make every effort for a smooth and quick transition into the facility. Fortunately, we can accommodate many members in our exercise rooms even with social distancing. The Wellness Center offers a variety of exercise areas. When one reaches capacity, we will help you find an alternate area.

Cleaning Procedures

Q: What are you doing to make the facility clean and safe?

A: The Wellness Center has implemented additional cleaning and disinfecting protocols.

- We have increased the availability of hand sanitizer, disinfectant wipes, and paper towels throughout the facility.
- Wellness Center staff and MUSC Housekeeping disinfects surfaces, including equipment and other touch points, throughout the day.
- Electrostatic technology is used daily to thoroughly clean and disinfect the facility. The Wellness Center uses the highest medical grade disinfectant products.
- Staff is monitoring fitness areas to ensure equipment is properly cleaned.
- Members are responsible for cleaning equipment and all touch points after use. Paper towels are available for members to wipe up sweat followed by cleaning equipment with disinfectant wipes

Locker Rooms

Q: Will the locker rooms be available for members?

A: Locker rooms are available for use.

- Showers, sauna and steam rooms, and hair dryers are not available at this time.
- If necessary, you may use a locker but your locker must be locked. Members must use a disinfectant wipe on the handle and entire inside of the locker before and after use.
- Members must wear a mask and practice social distancing.

Pool & Aquatics

Q: I'm excited about using the pool again. Will it be open?

A: Yes, the pool is available during our facility hours. While showers are not available, the pool will remain open until 15 minutes before closing. All members must be out of the building by closing.

- The pool is available for lap swimming, one swimmer per lane.
- Social distancing is required in the recreational pool area
- Remember to bring your own towel and goggles.
- When lanes are full, please wait for an available lane and maintain social distancing.

Free Weight Room & Cardio Room

Q: Are any changes being made to the Free Weight and Cardio Room?

A: We are implementing the following guidelines in our exercise rooms:

- Members must wear a mask when entering or exiting the rooms. Masks can be removed when members reach their piece of exercise equipment.
- Equipment is arranged to accommodate social distancing and allotted members per square footage.
- Additional hand sanitizers, wipes and paper towels have been placed throughout the exercise rooms for cleaning procedures.
- Employees will monitor fitness areas to ensure equipment is cleaned.
- Stretching tables and stretching equipment are relocated to Racquetball Court #3.
- Orange arrows indicate cardio equipment that is available for use.
- Staff is available at all times for assistance and questions.

Q: Do you have any updates on the downstairs weight room renovation project?

A: The renovation project is underway, and we are excited for the outcome! Therefore, the downstairs weight room equipment has been temporarily relocated to the basketball gymnasium. A structural engineer determined the placement of equipment. Please do not move any benches or machines. Please return all dumbbells, plates and bars to their proper place after using. You must bring your own weight belt and hand wraps.

Rooftop, Track & Court Sports

Q: Are we allowed to use the Functional Training Area on the rooftop and the indoor and outdoor tracks?

A: Yes!

- The Functional Training Area on the rooftop is open for use when classes and training programs are not in progress. Kettlebells, tires, TRX, one rope, medicine balls, and the turf sled will be available. Please use a disinfectant wipe to clean equipment you touch after each use.

- The indoor and outdoor tracks are available using 10 feet of social distancing.

Q: Will court sports be available for play?

A: Courts sports are available with limited use.

- **Basketball:** Rooftop basketball is open for two people per basket at a time. Balls are provided. You must abide by 10 feet of social distancing. Player is responsible for disinfecting ball before and after playing.
- **Tennis:** Tennis courts are available for singles and doubles. Racquets are available. Bring your own tennis balls. You must abide by 10 feet of social distancing. Player is responsible for disinfecting racquet before and after playing.
- **Pickleball:** Pickleball courts are available for singles and doubles. Paddles and balls are available. You must abide by 10 feet of social distancing. Player is responsible for disinfecting paddle and ball before and after playing.
- **Racquetball/Squash:** Racquetball or squash games are allowed for singles play. Racquets and balls are available. Player is responsible for disinfecting racket and ball before and after playing.

Group X, Personal Training & The Next Wave Training Center

Q: Will we be able to participate in group exercise?

A: Group exercise is being offered, and we will continue building a more robust schedule as restrictions are lifted. If your favorite class is not on the [schedule](#), let us know; we hope to add it soon!

- All participants are required to wear a mask during class except in the pool.
- Classes are complimentary to members and on a first come-first serve basis; no registration is required.
- Class size is limited to 18-24 participants per class depending on location and class type.
- There is no anticipation regarding classes reaching capacity; however, revisions will be made accordingly to allow for maximum participation.
- Participants must bring your their own mat, water bottle and towel.
- Classes are 50 minutes in length and will not be live-streamed.

Q: Will personal trainers be available? I am interested in personal training sessions.

A: Our exceptional personal trainers are eagerly awaiting the return of their clients and will be accepting new clients. Trainers will be scheduling clients starting the second week of reopening.

- If you have outstanding personal training sessions, we will make sure you can use the remaining sessions when you return. There are no refunds for training sessions.
- We will continue offering new virtual personal training services. Virtual training sessions will be accessed using a university licensed and secure online meeting platform. For those who wish to stay at home, this is a perfect way to reach your health and fitness goals.

The Next Wave

*Science
Based Performance*



Q: Can you tell me more about the new training studio I've heard so much about?

A: The Next Wave is our new science based performance training center. The focus of The Next Wave is to improve performance training by bridging the gap between science and best practice.

The Next Wave offers clients the most innovative equipment providing strong scientific measurements and optimal results. James Johnson, voted best trainer in Charleston, is designing the programs for this science based training center.

- We are currently accepting training clients for the Next Wave studio. [Email us](#) to inquire about prices and training packages.

We will keep you updates on all added services and programs at they become available.

Thank you for your membership and your commitment to a healthy lifestyle!

