



UNIVERSITY OF
SOUTH DAKOTA

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Responsible Executive: VP for Student Services
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Wellness Center and Natatorium Age Restriction Policy

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I. REASON FOR THIS POLICY

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

II. STATEMENT OF POLICY

- A. Age Restrictions to the University of South Dakota Wellness Center
- B. Minors (under 15 years of age) must have a health history and waiver signed by a parent or legal guardian.
- C. The minor must be supervised by a parent, guardian, or someone 14 or older always. Without proper supervision, minors will be denied access to the facility.
- D. Minors under the age of 16 will not receive individual membership cards but will enter under their parent/legal guardian's membership.
- E. 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 guardians being present.

Wellness Center Age Specifics:

- 1. Ages 6-9:
 - i. Able to utilize rock wall
 - ii. Utilize the track with supervision
 - iii. Use the Courts (Basketball, MAC, & Racquetball) with supervision

2. Ages 10-11:
 - i. Able to utilize rock wall
 - ii. Utilize the track with supervision
 - iii. Use the Courts (Basketball, MAC, & Racquetball) 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, & Racquetball)
 - iv. Attend Group Fitness Classes
 - v. Use cardio and weight equipment
4. Ages 16-17
 - i. Full access to the facility

Natatorium Age Specifics:

1. Hot Tub
 - i. Age 5 – Use of Hot Tub with parent
 - ii. Age 15 – Use of Hot Tub with no Parent
2. Steam Room
 - i. Age 16 – Steam room limited to those 16 and older
3. Rec/Lap Pool
 - i. Age 7 & under-Must be within arm's length of a parent
 - ii. Age 14 – Use of both pools without a parent

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