

Welcome Back! Your health is our mission

Please abide by all safety policies posted for your protection.



MUSC WELLNESS CENTER: UPDATED 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. We are moving forward with several revised policies on **November 1st**.

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 10 minutes prior to the facility.

Monday – Thursday
6:00am to 8:00pm

Friday
6:00am to 7:00pm

Saturday – Sunday
9:00am to 3:00pm

Pool closes 10 minutes
prior to the facility.



Key Policies For Your Protection



Staff and members will have their temperature taken immediately upon entering the facility.



Do not enter the building if you have a cough, any fever or any 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 directly 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. Personal items must be kept in a bag except when using.



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.



Members are allowed to sponsor a guest. The guest must be accompanied by the member. Please check the front desk for guest fees and promotions.

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](#). You can also [visit our website](#) for the latest information. If you have membership questions, [please contact us](#).

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.

- Upon entering, you will have a temperature check via a touchless digital thermometer. We will not allow anyone with a fever into the facility.
- 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 limited 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 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 amended facility hours. While we keep our current hours, the pool will remain open until 10 minutes before closing. All members must be out of the building by closing.

- The pool is available for lap swimming, with only one swimmer per lane.

- Social distancing is required in the recreational pool area
- Group aqua classes will be added as soon as appropriate.
- Kickboards, pull buoys and dumbbells are **not** available.
- 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:

- The Cardio and Free Weight rooms have a designated entry and exit point on each hallway (lobby side and Bee Street side). The entry and exit points are clearly marked and staff will be available to answer any questions.
 - In the Cardio room, all staff and members must enter through the door closest to the lobby and exit through the door on the Bee Street side of the building.
 - In Free Weight room, each hallway has one entry point and one exit point. On the lobby side of the building, all staff and members must enter through the door closest to the racquet courts and exit through the doors closest to the Cardio room. On the Bee Street side of the building, all staff and members must enter through the door closest to the Cardio room and exit through the door closest to the racquet courts.
- 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 Squash Court #1.
- 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 are available. Please use a disinfectant wipe to clean equipment you touch after each use. Staff will assist with cleaning equipment on the rooftop each hour.
- 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 racquet 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 and cycle classes?

A: In-person classes will be added soon. We will focus on a variety of classes and add more classes as we move forward. Class size will be indicated by CDC guidelines for square footage.

- Classes will be limited to 45 minutes to assist in the cleaning time needed to properly sanitize equipment and the room.
- Due to social distancing, there will be no congregating before and after class.
- Weather permitting, group exercise classes will be held on the rooftop sports deck.
- The instructor will be managing placement for participants in the room and participants must stay in their designated space.
- We will continue our live stream online classes. Please check your email for links to these classes. Once our in-person classes begin, the live stream online classes will be limited. Also, don't forget about our [Wellness Center exercise video library](#) and [blog](#)!

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

A: Our exceptional personal trainers are currently training their clients and are accepting new clients.

- 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 updated on all added services and programs as they become available.

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

