



Physical Education Complex

Policies and Guidelines

About

We are committed to enriching the UNM-Gallup Campus community by providing an inclusive recreational program, services, and facilities to promote physical, social, emotional health and wellness.

Mission Statement

To provide an open and accepting environment to all patrons of all fitness levels, so that patrons can meet their goals for fitness and well-being; by offering a variety of programs and services, we hope to improve the overall wellness of the University of New Mexico Gallup community.

Safety & Conduct Guidelines

To maintain a safe and respectful environment, all patrons must adhere to the following:

- Follow all UNM-Gallup and PEC rules, procedures, and staff instructions.
- Treat equipment and facilities with care.
- Refrain from violent behavior, offensive language, or poor sportsmanship.
- Respect others' privacy and property.
- Wear proper fitness attire:
 - No dress clothes, boots, or open-toed shoes.
 - Shoes must be clean and free of debris.

Violations may result in temporary or permanent loss of facility privileges.

Hours of Operation

Academic classes take priority over general use.

Monday – Thursday: 8:00 AM to 7:00 PM

Friday: 8:00 AM to 4:45 PM

Note: Hours are subject to change due to class schedules, meetings, or maintenance.

Access Policy

- UNM-Gallup Students, Staff, and Faculty must present and scan their valid LOBO Card upon entry.
- Student class enrollment will be verified.
- Misuse of the LOBO Card will result in confiscation of the card, **immediate suspension of facility access for both the card holder and the individual using the card.**

General Facility Rules

- **Attire:** Proper Workout Attire is required at all times – No sandals or Open-toed shoes.
- **Food & Drinks:** Only water in non-glass, spill-proof bottles is allowed.
 - **No food or other drinks permitted.**
- **Storage:** Bags are not allowed in workout areas. Lockers are available; long-term use must be registered with the attendant on duty.
- **Minimum Age:** Patrons must be 15 or older. Ages 15-17 must have a signed release on file.
- **Supervision:** Follow staff directions at all times.

Weight Room & Cardio Area Guidelines

- No Olympic lifts or deadlifts permitted.
- Do not drop weights. (Noncompliance will result immediate removal.)
- Always collar free weights; use a spotter when lifting heavy.
- Return weights to proper racks after use.
- Do not place weights on benches or other padded surfaces.
- Clean all equipment before and after use with provided wipes.
- Cardio machines: 30- minute time limit.
- Stretching and core exercise must be performed on designated mats.
- Chalk is not permitted.
- Do not relocate or modify equipment
- Only students enrolled in PE classes may use the weight room during scheduled classes.
- Avoid theft: Use lockers, notify staff if using a locker for the semester.

Policy Enforcement

Failure to comply with any of the above policies may result in disciplinary action, including suspension of facility access.

Acknowledgement

I have read and understand the above policies and guidelines. I agree to abide by them as a condition of using the Physical Education Complex.

Print Name: _____ Date: _____

Signature: _____

Patrons will sign a new form at the beginning of each semester, forms will be kept on file.