

INDOOR TRACK POLICIES

Jog and walk no more than two people wide at all times. Please be mindful of others using the track.

Faster joggers have right of way; pass on the outside lanes.

Stretching areas are located in various areas around the track. Please do not stand or stretch in the lanes on the track.

The track direction changes daily; please follow the posted directional arrow.

Walkers should use inside lanes, joggers should use outside lanes.

Daily lockers (located in the fitness area on the 1st floor and by the Wellness office on the 2nd floor) may not be used to store items overnight. Personal locks will be cut off and discarded and items will be confiscated.

The Recreation and Wellness Staff is not responsible for lost or stolen items. Personal belongings are not permitted in activity areas and must be kept in a locker.