

HSC Wellness Center Frequently Asked Questions

Q: Where is the HSC Wellness Center located?

A: The gym is located on the second floor of Domenici Center West Wing, directly above the UNM Medical-Legal Bookstore.

Q: What are the hours of operation?

A: After hearing from many of you, the HSC Wellness Center is transiting to a round the clock facility! Starting **Monday, July 23, 2018**, the HSC Wellness Center will be 24/7! Those who hold a UNMH/HSC Security-issued badge can access the Center through the east side doors of Domenici Center West

If the campus is closed due to inclement weather or other reasons, the HSC Wellness Center will also be closed.

Q: Who has access to the HSC Wellness Center?

A: All staff, faculty and students of the UNM Health Sciences Center who have been issued a badge through UNM Hospital Security have access. This includes HSC, UNM Health System, UNM Hospitals and UNM Medical Group.

If your email ends in one of the following, you have access:

@salud.unm.edu

@unmmg.org

Due to differences in security systems, UNM Sandoval Regional Medical Center faculty and staff do not have access at this time. If you work at SRMC and would like access, please email HSC-BeWell@salud.unm.edu. We are working on a solution for you.

Q: What should I do if my HSC-affiliated badge does not work?

A: If your badge does not allow you to enter the gym, please visit the UNM Hospital Security Badging Office, located on first floor of UNM Hospital, next to Urgent Care. Their hours of operation are:

- Monday, 10:30 a.m. – 3:00 p.m.
- Tuesday through Friday, 7:30 a.m. – 3:00 p.m.

Q: Do non-HSC faculty, staff and students have access to the facility?

A: The HSC Wellness Center is only available to those with an HSC badge. Due to the current differences in the security systems, only badges directly linked to the UNM Health Sciences Center will have access to the facility. Due to liability issues, non-HSC affiliated persons (spouses, children, guests) are not permitted.

Q: What type of equipment does the gym have?

A: Types of equipment in place include, but are not limited to, the following:

- Multi-Functional Trainer
- Recumbent bikes
- Upright bikes
- Ellipticals
- Bicep/tricep machine
- Leg extension/curl machine
- Medicine balls
- Free weights
- Smith machine
- Rower
- Spin Bike

Additional equipment will be added as funding becomes available.

Q: Are there products available to wipe down equipment before and after use?

A: Yes. HSC Wellness provides wipe dispensers for users to wipe down the equipment before and after each use. Keeping the equipment clean will benefit everyone and extend the lifetime of the equipment.

Q: Are there time limits on the use of the equipment?

A: No one should monopolize the equipment. If there are people waiting, please limit usage to 30 minutes. We must all be cognizant and respectful of others.

Q: Can a piece of equipment be repurposed to perform exercises that it was not intended for?

A: No. The equipment is for the sole purpose of exercising in the manner intended by the manufacturer. The equipment is not to be used for any other purpose.

Q: Is there space to perform stretching exercises?

A: Yes, stretching space is provided on both the floor and mounted bar. As the gym is not staffed, we are not providing resistance bands. Please feel free to bring your own gear to facilitate your stretching exercises.

Q: What is considered appropriate workout clothes and footwear?

A: Shirts and shoes are required at all times. General guidelines for what to wear while working out include, but are not limited to, gym shorts, t-shirts, jogging, aerobic and sweat outfits, and athletic shoes such as tennis shoes and sneakers. Dress, business casual and street clothes are not appropriate for fitness activities. Street shoes and/or black-soled shoes are not permitted.

Q: Are there shower facilities near the HSC Wellness Center?

A: Yes. There are shower facilities and day-use lockers inside the restrooms located in the open area right before you come through the doors into the gym. You will need your HSC badge in order to use the shower facilities. In addition to this location, there are showers located in the following areas as well:

- Biomedical Research Facility: Showers are located in the basement and ground floor bathrooms; day-use lockers available
- Fitz Hall

Q: Are there lockers available?

A: Due to the change in access, the existing locker space is being converted to simple storage space. The ability to “lock up” your personal belongings will no longer be an option. This is a tradeoff for 24/7 access. There have been multiple cases where staff have had to go to the gym to open a locker when someone has forgotten their combination. Because there will now be times when the gym will be utilized when staff are not available, the locking mechanisms will be removed in order to prevent someone from being locked out with no way to access their belongings without damaging a unit. The HSC Wellness Center is not responsible for theft or damage to your property. Found items will be surrendered to the UNM Lost and Found. If you need to claim lost items within the first 48 hours, please send an email to HSC-BeWell@salud.unm.edu or call 505.272.5849. After that, they will be sent over to UNM Police Department’s lost and found

Q: Does the HSC Wellness Center have security?

A: Users will be required to badge into the gym. There is a “red phone” located inside the gym that will go directly to the UNM Police Department in case of an emergency. On-campus security will conduct unscheduled, periodic patrols through the gym.

We strongly encourage everyone to download and use UNM’s LoboGuardian mobile app as an additional safety measure. You can learn more about this app and download it here: <http://loboguardian.unm.edu/>.

Q: Is there a Code of Conduct for the HSC Wellness Center?

A: Yes. You can download the Code of Conduct from the HSC Wellness website. Inappropriate conduct will not be tolerated. Inappropriate conduct includes, but is not limited to, using loud, abusive, offensive, insulting and/or demeaning language; profanity, lewd conduct or any conduct that harasses or is bothersome to others. It also includes misuse or abuse of gym equipment. Please report all Code of Conduct violations to HSC-BeWell@salud.unm.edu.

Q: Is there a drinking water source nearby?

A: Yes, there is a refillable water station located inside the gym and there is a water fountain located near the restrooms outside of the gym.

Q: Can I take food into the gym?

A: In order to protect and preserve the condition of the flooring and equipment, no outside food or beverages (other than water) are allowed inside the gym. Water must be in non-breakable, spill-proof bottles.

Q: Is there music playing in the gym?

A: No. Users who enjoy listening to music or other audio while working out are required to use earbuds or headphones while using the gym so as not to disrupt other people.

Q: Who do I contact if there is an issue with the gym and/or equipment?

A: If you see a problem inside the gym or with a piece of equipment, please report the issue to HSC-BeWell@salud.unm.edu. If it's an issue that requires immediate attention, please call 505.272.5849. Please do not assume that someone has already reported the issue. We would rather have multiple reports than none at all.

Q: Who do I contact to provide general feedback pertaining to the gym and/or equipment?

A: We welcome all feedback! Please send an email to HSC-BeWell@salud.unm.edu.

Q: Where is the nearest Automated External Defibrillator (AED) in case of an emergency?

A: If there is a medical emergency inside the gym, please dial 911 immediately. The nearest AED is located in the lobby of Domenici Auditorium.

Q: May the gym be reserved for educational or fitness classes?

A: No. In order to maintain access to all users during operating hours, we will not be reserving the gym. The only time the gym will be unavailable during normal operating hours will be for scheduled maintenance, equipment installation or other reasons as necessary and determined by the HSC Wellness Committee.

