



In an effort to create a welcoming and inclusive environment for all members, as well as reduce the risk of bacterial disease transmission, and prolong the life of exercise equipment, the Winona State University Integrated Wellness Strength & Fitness Center attire guidelines are strictly enforced. Proper workout clothing and shoes are required in the Strength & Fitness Center at all times.

Skin infections are the most common disease outbreak in recreation centers. Germs can be transmitted from person to person when left on equipment and machines from sweat. Cleaning equipment after use, good personal hygiene and wearing proper workout clothing that covers the body is essential to preventing the spread of germs and diseases.

What To Wear

- Appropriate footwear, closed toe, closed heel, non-marking athletic wear shoes
- Shirts which cover the entire stomach, chest, ribcage, and back; abdominal sides to the elbow
- Pants or shorts that cover buttocks and groin area

What Not To Wear

- No open-toed shoes, boots, or bare feet
- Ripped or cut-off shirts
- Jeans, cargo shorts, pants with belts, zippers, or metal rivets and buttons
- Clothing with profanity or offensive language may not worn in IWC facilities or programs

Exceptions

Workout clothing is not required for walking on the track. Sneakers must be worn.

Bare feet or socks are permitted in some group exercise classes and sport club practices (i.e. yoga and martial arts classes).

For more information on prevention of communicable disease in fitness centers, visit

<https://www.cdc.gov/mrsa/community/team-hc-providers/advice-for-athletes.html> or ask to speak with Director of Strength & Fitness, Jeff Reinardy, Associate Director Eric Weigel, or Director of Integrated Wellness, Kate Noelke. If you think you may have an infection from skin-to-skin contact, please visit the WSU Health Center ASAP (upstairs).