Recreation & Wellness Center Orientation Quiz

1. Who has access to the Kent State University at Stark Recreation & Wellness Center?

2. When using the bench press, what is the proper safety procedure you must follow?

3. What is the procedure for checking in to the Recreation & Wellness Center and how often must you do it?

4. Where should your personal belongings be at ALL times? Can items be left in the locker overnight?

5. After using the equipment, what should you do before moving to a new machine?

6. Can I use equipment other than what is in the weight room?

7. Do you understand all of the Recreation & Wellness Center’s policies and procedures?