

Wellness Suite

Purpose: The Wellness Suite has been developed to provide a special place for a variety of wellness programs for the use of our students, faculty, and staff. The Wellness Suite is comprised of:

- **Wellness Studio:** Designed for fitness classes, this 1680 square foot room will be the center of all CMSRU wellness activities for students, faculty and staff, including instructor-led sessions as well as video recorded sessions. In addition, we anticipate that student-led community wellness programs will also take place at this site. Cubbies are provided under the windows for in-class storage; lockers are available just outside of the room. Adjacent to this room are shower facilities (2 male, 2 female)
- **Yoga/Meditation Room:** This room will be used for small yoga or fitness classes (4-8 person capacity) or for group meditation or prayer. It is equipped with a sound system to allow for video or tape recorded sessions.
- **Private Meditation Room:** This room is intended for brief (up to 15 minute) individual meditation/relaxation time. It will also serve as a quiet, private retreat for prayer or for nursing.

Mission: CMSRU is committed to providing tools to encourage all dimensions of wellbeing of our students, faculty and staff fostering principles of 'self-care' translating to improved education, research and clinical care for patients and for our community.

Vision: CMSRU will distinguish itself as a premier medical school fostering health and well-being through curriculum, research and community outreach in an environment where there is a shared and accepted commitment to all dimensions of personal well-being.

Policy Statement

- Cooper Medical School of Rowan University (CMSRU), whenever possible and appropriate, will make its facilities available for use by both University and non-University interests whose purposes are complementary to the mission of the institution. However, the University reserves the right to refuse such requests when it is deemed to be in the best interest of the institution.
- To maximize the use of the Wellness Studio, those with reserved class time are asked to have a minimum of 5 or more people in a group activity. Individuals are welcome to use any unscheduled, available space on a first-come first-serve basis.
- Schedule requests for the Wellness Studio must be submitted through the online facility reservation request form (25Live). To assure availability for a class in the Wellness Studio, please submit a request 48 hours prior to event.
- If reservations are made for a class for 1 hour, class may not start early and may not exceed past the 1 hour of reservation. Room must be cleaned up and reset for next group.
- If a room reservation is not met within the first 10 minutes of the request, the room then becomes open, and the previous request is forfeited.
- If reserved times are not honored, reservation privileges may be suspended.
- All patrons of the space must carry their CMSRU badge (or be accompanied by a CMSRU staff member or student) in order to access any room in the Wellness Suite.
- CMSRU Staff reserve the right to ensure proper use of the space.

Hours

Hours of operation: 24 Hour Access to all CMSRU students and staff. (With the exception of designated cleaning time 9pm-midnight, M-F)

Scheduling Guidelines

- Priority for advance scheduling and recurring reservations (i.e. all semester) is given only to Wellness programs and clubs affiliated with Wellness.
 - Schedule requests must be submitted through the online facility reservation request form. (25Live)
 - A confirmation email or follow-up email will be sent within 2 business days. Reservations are not approved until you receive a confirmation email.
 - If reserved times are not honored, reservation privileges may be suspended.

Wellness Studio

- The studio is designed for group exercise classes and other wellness activities. Multiple individuals may use the space at the same time as well.
- Doors are not to be propped open at any time.
- Only water is permitted for hydration; absolutely no food is permitted.
- No personal items should be left in this room. Housekeeping will remove any items left behind during nightly cleaning (9pm-midnight).

Yoga Meditation/Room & Private Meditation Room

- Rooms for individual use are permitted to be booked for 15-minute sessions via sign-in sheet on the exterior of the room.
- Maximum reservation time is 30 minutes per person, per day (two 15-minute sessions), unless special permission is granted through the Office of the Dean.
- Rooms are to be utilized for meditation, yoga, private prayer, or nursing mothers only. No sleeping is permitted.
- Only water is permitted for hydration; absolutely no food is permitted.
- CMSRU Security or Facilities staff have the right to open these rooms as necessary.
- No personal items should be left in these rooms. Housekeeping will remove any items left behind during nightly cleaning (9pm-midnight).

Daily Cleaning

- During the hours of 9pm until midnight, Monday through Friday, housekeeping staff will clean the wellness suite. No activities are permitted in any of the three wellness spaces during this time.

Equipment Usage

- Cooper Medical School of Rowan University (CMSRU), whenever possible and appropriate, will make its facilities available for use by both University and non-University interests whose purposes are complementary to the mission of the institution. However, the University reserves the right to refuse such requests when it is deemed to be in the best interest of the institution.
- No outside cardio or strength training equipment is allowed in the space.
- Small personal equipment such as jump ropes, yoga mats, sweat towels, resistance bands are permitted in the Wellness studio.

- All other equipment that is already in place in the Wellness studio is to remain there. Anyone caught removing any equipment from the 3 facilities will lose all privileges and face disciplinary actions.
- Small lockers found outside of the Wellness Studio are for classes held in the studio. All items are to be removed after the end of the wellness activity. Any items left in the locker by the end of evening will be removed.

Food and Beverage

- Food is not permitted in any of the spaces. Water in plastic bottles only are permitted in the Wellness Studio, Yoga/Meditation Room, & Private Meditation Room.

Clothing

- Modest workout attire must be worn. Non-marking sneakers and shoes are the only footwear permitted in the rooms.

Assumption of Risk

- All non-Rowan participants in activities are required to sign a waiver. Waivers can be found in the Wellness Studio or available upon request. Whoever is the responsible party for a non-Rowan member is required to collect the completed waiver. (CMSRU's Steve's Club student leader is responsible for collecting all signed waivers from their student participants)

Injuries

- If an injury occurs, please contact CMSRU security at 856-361-2881 or extension 2881 on the phone in the Wellness Studio. All participants are financially responsible for all expenses related to injuries and emergency care, including medical care and ambulance.

Emergency Procedures

- In the event of a fire or other emergency, fire alarms and extinguishers are located conspicuously throughout the facility. AED and First Aid can be found on the opposite side of the 4th floor. Wall phones are present in each of the wellness suite rooms.