

Wellness Program

The Wellness Program exists to promote wellness across the campus for staff, and faculty. The Wellness Program is established under the oversight of the Wellness Coordinator. The following general guidelines exist for the Wellness Program:

1. Participation in the Wellness Program is free of charge, however, a membership fee is charged for use of the Wellness Center at Mayville State University. Other fees may be charged for events, programming, promotional items.
2. Wellness participants are responsible for the purchase and maintenance of all personal clothing and equipment necessary for the wellness activity.
3. Wellness participants must sign a liability waiver releasing Mayville State University from any liability resulting from participation.
4. Wellness release time follows the following guidelines:
 - All employees choosing to participate in the Wellness Program must complete the Wellness Release Time Form with the HR office.
 - Non-exempt regular staff employees may participate in wellness activities with release time of no more than two hours per week with the supervisor's approval and as the work allows. (If the staff employee is already using release time to take a class then this release time is not allowed.)
 - Exempt staff and faculty may participate in wellness activities as their schedules allow, but should use two hours per week as a guide for their own release time.
 - Release time for participation in wellness activities is limited to those activities available on campus or originating and ending on campus in the case of walking, running, or cycling. (Off-campus activities are included if sponsored by MaSU.)

Proposed: October, 2019

**Sponsor: Director of Human Resources
Vice President for Business Affairs**