**Serenity Space**

**at**

**Nicholls State University**

In order to maintain the most enduring space possible for all Nicholls students and employees, anyone utilizing the Serenity Space will be required to adhere to the protocol and guidelines listed below.

**Guidelines**

* Only current Nicholls State students and employees are allowed to use the Space
* A ten minute “tour” of the space with instructions is required prior to your first use
* Only one person at a time is allowed in the Serenity Space
* Please do not use the Space when you have the following conditions:
	+ Fever
	+ Contagious diseases (including any cold or flu, no matter how mild it may seem)
	+ Under the influence of drugs or alcohol (including prescription pain medication)
	+ Recent operations or acute injuries
	+ Neuritis
	+ Skin diseases
* No work related activities may be conducted while in the Space
* Use of the room is by appointment, but if there are no scheduled reservations, drop-ins will be accepted.
* Reservations are made in 30 minute increments.
* Please use the provided Zen clock to help you remain cognizant of your time without disrupting your relaxation
* Candles and incense are not allowed.
* You may bring personal relaxation items limited to the items listed below and all personal items must be taken with you at the end of your reservation. No organic items allowed.
	+ Pillow
	+ Stuffed animal
	+ Religious item
* If an item is broken or not working properly, please alert one of the SS staff immediately.
* No food or drink will be allowed except bottled water
	+ No water may be consumed while in the automatic massage chair
* Massage chair specific
	+ Shoes must be removed when using the massage chair
	+ You must wear socks in the massage chair
	+ Please do not step on the foot area to get in and out of the chair.

**Instructions**

* When you enter
	+ Please leave your book bag and other large items in the cubby space provided just behind the reception area
	+ Silence your cell phone if you have it
	+ Make sure “In Use” sign is on door and close the door
	+ Determine what lighting you would like
		- Lamp
		- Overhead light
		- Curtains open/closed
	+ If you wish to use them, turn on visual and/or audio relaxation aides on the laptop
	+ Set the alarm on the provided Zen clock
	+ Rest, relax, recharge!
* When you leave
	+ Turn off alarm clock
	+ Make sure overhead light is on
	+ Wipe down any items, including the massage chair, that you used with the sanitary wipes provided
	+ Collect your belongings from the cubby
	+ Enjoy the rest of your day!

**Potential Risks and Contraindications for Using the Automated Massage Chair**

Any type of massage is non-invasive and considered very low risk. While there aren’t any specific contraindications or risks associated with the use of massage chairs, the same contraindications to massage therapy should be followed. Massage can be very therapeutic for many medical conditions. However, always err on the side of caution if you have any health concerns. In the below cases it is best to have advice from your physician. The Nicholls staff, unless they are also qualified medical doctors, may not, under law, attempt to diagnose a condition.

National Institutes of Health states the following contraindications to massage therapy:

* High blood pressure or hypertension
* Osteoporosis
* Infection (cold or flu no matter how mild it may seem; gynecological infections)
* Leg swelling
* Pregnancy
* Blood clots (or while on blood thinners)
* Varicose veins, phlebitis
* Heart disease
* Bleeding disorders
* Arthritis
* Skin conditions (infectious skin diseases such as psoriasis or eczema; rash; unhealed wounds; areas of bleeding or heavy tissue damage)
* Undiagnosed lumps or bumps
* Sunburn

If you suffer from any of the following conditions, use of the automated massage chair can only take place once it has been approved before your session in writing by your physician:

* Cardio-vascular conditions (thrombosis, phlebitis, hypertension, heart conditions, those with pacemakers)
* Edema
* Osteoporosis
* Cancer
* Nervous or psychotic conditions
* Epilepsy
* Diabetes
* Any condition already being treated by a medical practitioner

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I have read and understand the above information and agree to use the Serenity Space in a safe and responsible way. I understand that relaxation and silence can trigger emotional responses and I will seek assistance from the professional staff when necessary. I confirm that to the best of my knowledge I am medically well enough to utilize all components of the Serenity Space, including the automatic massage chair. If I experience any pain or discomfort during use of the automated massage chair, I will immediately discontinue use. Because the massage chair should not be used under certain medical conditions, I also affirm that I do not have any of the listed medical conditions. I understand that Nicholls State University is not responsible for any injury or medical issues that arise during my time in the Space or as a result of any equipment or activity in the Space.

Print Name: Signature:

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Please complete the following emergency contact information:

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Relationship \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_