



Department of Campus Recreation
Campus Recreation Building Policies
2020-2021

Contents

ENTRY SYSTEM 4

TYPES OF MEMBERSHIP 4

 UMSL Students..... 4

 UMSL Faculty and Staff (Current and Retired)..... 4

 UMSL Alumni..... 5

 Community Partners 5

 Non-Affiliated Community Memberships..... 5

 Senior Citizens..... 5

 Military 6

 Early Bird 6

 UMSL Student Extension..... 6

SERVICES INCLUDED IN MEMBERSHIP 7

 Towel Service 7

 Locker Usage & Rental Service..... 8

 Welcome Desk/Equipment Check Out..... 8

 Parking 9

Bicycles, Wheeled Objects, Hoverboards, and Other Similar Equipment..... 9

LEVELS OF ACCESS – AGE RESTRICTIONS 10

 Age 0-5 10

 Age 6-12 10

 Age 13–15 10

 Age 16+ 10

 Direct Supervision 10

 Patron Disciplinary Policy..... 11

BUILDING POLICIES 11

 Governing Philosophy 11

 Facility Scheduling Priorities 11

 Observers and Spectators 12

 Media & Electronic Devices 12

 Verbal and Physical Abuse 12

 Lost or Stolen Items 12

 Fitness Center 13

 General..... 13

 Cardio Area 15

Campus Recreation Building Policies



Free Weight Area	15
Track.....	15
Natatorium Guidelines.....	16
General.....	16
Age Guidelines	17
Aquatics Classes	17
Lap Swimming Etiquette	18
Diving Board Guidelines	18
Zip line Guidelines.....	19
Whirlpool Guidelines.....	19
Vortex Guidelines.....	19
Sauna Policies.....	20
Climbing Wall	20
Bouldering.....	21
Top Roping	21
Group Fitness Studios	22
Gymnasium	23
Maintenance Shutdowns	24

ENTRY SYSTEM

Our entry computers access a database of all current students and members who are eligible for entry. Current Students will gain access by showing a current, active Triton Card. All other members must purchase a membership, and will then be issued a Recreation and Wellness Center Membership Card or have access added to their Faculty/Staff Triton Card.

If member forgets to bring their Triton Card or RWC Membership Card to access the building but has another form of government issued identification, the member can still use the facility following these steps:

- Visit Member Services in the Pro Shop
- Receive a temporary ID for a one time entrance into the facility
- Give temporary ID to Guest Services at the Welcome Desk for access into the facility
- On your next visit to the RWC, visit Member Services again to restore your regular access with your Triton Card or RWC Membership Card.

If the member has no form of identification, they will not be granted access to the RWC.

Members are also able to download the Rec App on their phone, this can be used for check-in purposes once the member has been verified in the system.

TYPES OF MEMBERSHIP

UMSL Students

UMSL Students (full-time and part-time) have full access to the RWC built into their tuition. Access is given to students enrolled in credit earning classes, and is dependent upon paid tuition. Individuals auditing classes and dual enrollment students do not qualify for a Student Membership. Any off-semester students (not enrolled for current semester or following semester) can purchase a semester membership for a set fee. All students will enter the facility with a valid UMSL ID Card. They may add a spouse and/or dependent to their account for an additional semester rate. Family memberships are also available for purchase to students.

UMSL Students	Monthly	Yearly
Individual	\$0 (Student Fees)	\$0 (Student Fees)
Individual +1	\$19	\$205
Family	\$30	\$324

Campus Recreation Building Policies

UMSL Faculty and Staff (Current and Retired)

All current and retired UMSL employees are eligible to purchase a membership with no activation or cancellation fees. All members in this category will be required to have a UMSL ID Card, issued in the Triton Card office, located in MSC Room 190, to gain access. They may add a spouse and/or dependent to their accounts for a fee. They may also purchase a family membership. Full-time, benefits eligible faculty/staff will be allowed to utilize payroll deduction for their personal, spouse, and/or family monthly memberships. An equal amount will be deducted from each paycheck.

UMSL Employee (Current and Retired)	Monthly	Yearly
Individual	\$37	\$400
Individual +1	\$56	\$605
Family	\$67	\$724

UMSL Alumni

UMSL Alumni are eligible to purchase a membership. These members will be issued a RWC Membership card to access the building. They may add a spouse and/or dependent to their accounts for fee. They may also purchase a family membership.

UMSL Alumni	Monthly	Yearly
Individual	\$42	\$454
Individual +1	\$63	\$680
Family	\$76	\$821

Community Partners

Community partner members identified by UMSL will be eligible to purchase a membership at a negotiated rate. These members will be issued a RWC Membership card to access the building. They may add a spouse and/or dependent to their accounts for fee. They may also purchase a family membership.

Corporate Partners	Monthly	Yearly
Individual	\$42	\$454
Individual +1	\$63	\$680
Family	\$76	\$821

Non-Affiliated Community Memberships

All community members will be welcomed to join the RWC regardless of their affiliation with the university. Community members may purchase a membership. These members will be issued a RWC Membership card to access the building. They may add a spouse and/or dependent to their accounts for fee. They may also purchase a family membership.

Community	Monthly	Yearly
Individual	\$51	\$551
Individual +1	\$76	\$825
Family	\$92	\$994

Campus Recreation Building Policies

Senior Citizens

A Senior Citizen (age 65+) can purchase a membership to access the UMSL Recreation and Wellness Center at a discounted monthly price. These members must present a government issued photo ID to verify date of birth. These members will be issued a RWC Membership card to access the building. This membership category may add a spouse and/or dependent to their accounts for a fee. They may also purchase a family membership. Any individuals added to the membership must be related to the member and live within the same household.

Senior Citizens	Monthly	Yearly
Individual	\$45	\$486
Individual +1	\$66	\$713
Family	\$79	\$854

** Those eligible for Silver Sneakers through their insurance plan may sign up for a membership at no cost to them. Eligibility must be verified through the insurance company before membership will be granted.**

Military

A member of the military (active or veteran status) can purchase a membership to access the UMSL Recreation and Wellness Center at a discounted monthly price. These members must present a military ID to purchase a membership. These members will be issued a RWC Membership card to access the building. This membership category may add a spouse and/or dependent to their accounts for a fee. They may also purchase a family membership. Any individuals added to the membership must be related to the member and live within the same household.

Military	Monthly	Yearly
Individual	\$45	\$486
Individual +1	\$66	\$713
Family	\$79	\$854

Early Bird

An Early Bird Member can purchase a membership to access the UMSL Recreation and Wellness Center during these set hours of the week:

Monday – Thursday: Open – 11:00am

Friday – Sunday: Open – Close

Access will also be granted on the following University Holidays:

Martin Luther King, Jr. Day

Memorial Day

Fourth of July

Labor Day

Fall Break

Winter Break – Christmas Eve through New Year’s Day

Early Bird	Monthly	Yearly
Individual	\$25	\$270

Campus Recreation Building Policies

UMSL Student Extension

An UMSL student graduating may purchase up to a 3 month term membership to access the UMSL Recreation and Wellness Center at a discounted monthly price. An UMSL Student who is not taking courses over the summer term may also purchase up to a 3 month term membership to access the UMSL Recreation and Wellness Center at a discounted monthly price. This membership is limited to a one-time purchase after graduation and a single purchase during inactive semesters following an active semester. The membership is a paid in full membership type. These members will use an UMSL ID, Triton Card, to gain access to the facility. This membership category may add a spouse and/or dependent to their accounts for a fee. They may also purchase a family membership. Any individuals added to the membership must be related to the member and live within the same household.

UMSL Student Extension	Monthly
Individual	\$20
Individual +1	\$39
Family	\$50

Campus Recreation Building Policies

Test Run

Test Run Membership	Monthly
Individual	\$15 for 2 weeks

Guest Pass

Guest Pass	Daily
Individual	\$8

- Daily Use Guest Passes available for a fee to participants that do not wish to purchase a membership. Faculty/Staff/Retiree: Allowed to purchase daily use pass without sponsorship of current member.
- One day passes for member guests are available for all members for an additional fee.
- All members should use their Triton ID/RWC Membership card as their primary means of entry.
- Members who purchase one month memberships will be charged a \$5 administrative fee.

SERVICES INCLUDED IN MEMBERSHIP

Memberships include full use of the RWC, including:

- Weight and fitness areas
- Indoor track
- Gymnasium
- Pool
- Rock climbing wall
- Locker rooms and sauna
- Towel service
- Daily locker use
- Access to group fitness classes

Additional programs and services that will be available to all members at market rates on a first-come, first-served basis include:

- Fee based programs
 - Personal training
 - Aquatics and safety programs
 - Fitness programs
- Summer camps
- Semester locker rental (on a limited basis)

**Individuals purchasing a guest pass will be eligible to access the entire facility, but may not attend a paid program or service unless previously registered.*

Non-members will be eligible to sign up for any paid program or service at an above-market rate. These programs and services will only be available to non-members once the enrollment period for members has passed. **These programs and services do not gain these individuals*

access to open recreation and fitness.

Towel Service

- Towels are available at the Welcome Desk and must be returned to this location.
- All towels must be checked out with an ID.
- Replacement towels will cost \$2.
- Theft, misuse or damage to towels is subject to loss of membership privileges.

Locker Usage & Rental Service

- All lockers are the property of the Department of Campus Recreation.
- Lockers may be used for legitimate recreational purposes only.
- Any open locker is available for day use only.
- Day use lockers found to be in use after close each night will be opened and contents removed by staff. Contents will be inventoried and stored at the Welcome Desk for 30 days; after which the contents will be discarded or given to charity.
- Rental of a locker is first come, first served each semester at the semester rate. Members will need to visit the membership desk in order to rent a locker. Only lockers located in the locker rooms are available for rent. Dependents and members under the age of 16 are not permitted to rent a locker.
- Rental lockers must be secured with the lock provided by the RWC with your rental.
- Payment for rental lockers is non-refundable and rental fees are not prorated.
- Minors are not eligible to rent a locker however children over the age of 7 may use a locker room unsupervised.
- For questions or problems members can ask a staff member or go to the Welcome Desk for help.
- Certain occasions require Campus Recreation employees to access occupied lockers (i.e., unreturned equipment or facility risk). On these occasions, members will be notified.
- All lockers are cleared of personal contents on an annual basis for inspection, repair and cleaning. Members will be notified, but if their contents are not removed, contents will be inventoried and stored at the Welcome Desk for 30 days; after which the contents will be discarded or given to charity.
- Photographic devices may not be used in the locker rooms and restrooms.
- Gender neutral changing room is located off of the free weight and group exercise area. Individuals that do not identify with a specific gender, families with small children, and any other individuals are encouraged to use that space and the lockers located in that area.

Welcome Desk

- Members may check out informal recreation equipment on a first come, first served basis.
- Equipment may be checked out with your UMSL Triton Card, or RWC membership card.

Campus Recreation Building Policies

- Members must return the exact item checked out at least 15 minutes prior to closing.
- Members accept full personal responsibility for the items they check out.
- Unreturned items, regardless of whether they were lost or stolen, will be billed to the member's account and access will be denied until the balance of the item(s) is paid.
- When equipment is returned, the equipment is inspected for damages. Members may be charged for damaged equipment and will follow the same policy as a lost or stolen item.
- There is a replacement fee assessed for equipment that is not returned or damaged.
- Lost and Found is located at the Welcome Desk. Items will be held for 30 days. Campus Recreation is not responsible for Lost and Found items that are being held.
- Equipment items not available for checkout at the Welcome Desk are not allowed unless given approval by Campus Recreation staff. *Exception to this is boxing in Fitness Studio #1. Members must supply their own hand wraps and gloves.

Parking

- RWC Members who do not possess an UMSL Parking Sticker will be allowed to park on campus in the Visitor's Lot (Lot C), located between the J.C. Penney Building and the Recreation and Wellness Center.
- Use of this lot is restricted to 2 hour guest parking for RWC Members.
- Overflow parking will be allowed in the following locations:
 - Monday-Friday before 5pm: Top level of the North Garage
 - Monday-Friday after 5pm: Top level of the South Garage
 - Saturday and Sunday: Top level of the South Garage
- RWC Members who do possess an UMSL Parking Sticker should continue parking in their assigned lots. These members will not be allowed to access to the Visitor's Lot/Lot C.
- The guest parking lot may be closed throughout the year for university events. The RWC staff will make every effort to inform members at least one week in advance when possible. When the guest parking lot is closed, the overflow parking areas should be utilized.

Bicycles, Wheeled Objects, Hoverboards, and Other Similar Equipment

- Use and/or storage of bicycles and hoverboards are prohibited within the RWC.
- Skateboards, and other small wheeled items, may be stored in a locker. These items should not be left on the floor and MUST be stored in a locker.
- Strollers are allowed in the free zone, gym courts, locker rooms, 1st floor lounge and natatorium provided they do not interfere with the activity happening in the area. Strollers are prohibited from the track, fitness areas, and fitness studios. Please ask building staff to assist with storage of strollers when necessary.
- Outdoor bicycle racks are available for secure storage of bicycles on the ground level below the main entrance of the RWC.

Age 0-5

No membership required. Child must be directly supervised by a parent/guardian at all times and within 20 feet of a parent/guardian at all times (when using the pool, actually in the water within arm's length unless child passes a swim test administered by a lifeguard). The only activity areas this age group is allowed to use are the pool, climbing center (top rope climbers must meet weight requirement for harnesses), 2nd Floor Courts, and the track (provided they are strapped to their parent in an approved child carrier). Child must be closely monitored by their parent/guardian at all times (please see definition for direct supervision). Exceptions to these restrictions apply when children are enrolled in an instructional program or are part of a special rental or event.

Age 6-12

Children in this age group are required to have a paid membership. This age group can use the following areas with direct supervision of parent/guardian – 2nd Floor Courts, Natatorium (excluding the Whirlpool), and climbing center (top rope climbers must meet weight requirement for harnesses). Exceptions to these restrictions apply when children are enrolled in an instructional program or are part of a special rental or event. While on the premises, all children must be directly supervised and within 20 feet of a parent/guardian at all times (when using the pool, actually in the water within arm's length unless child passes a swim test administered by a lifeguard). * Please see definition for direct supervision.

Age 13–15

These children must have a paid membership. They will be permitted into all areas of the facility, but must be directly supervised and within 20 feet of a parent/guardian at all times until they go through an orientation session where they will learn about proper and safe usage of equipment, etiquette, and acceptable behavior. After attending orientation, these members will be allowed in all areas of the facility without supervision, but parents must be in the building during the time the dependent is in the facility. Parents/guardians will not have to go through orientation with the child, but will be required to sign the orientation waiver after the dependent has completed it. This orientation form must be on file and the parent must be in the facility any time the dependent is.

Age 16+

A paid membership required. They will be permitted into all areas of the center without supervision.

Direct Supervision

Defined as being in the same room no further than 20 feet apart and in direct sight of the child (within arm's length, while in the pool, if using the pool, unless child passes a swim test administered by a lifeguard), and the parent/guardian/adult over the age of 18 MUST be actively participating in the same activity as the dependent, i.e. playing basketball together, swimming together, etc. This does not mean the parent can be, for example, in a group exercise class while the dependent sits along the wall and watches.

Patron Disciplinary Policy

When a patron violates a Campus Recreation or University policy, s/he is subject to disciplinary action. Examples of offenses include, but are not limited to: false use of identification, destruction of property, theft of property, trespassing, aiding or abetting, verbal or physical harm inflicted upon an employee or patron. Patrons are responsible for their children's' and/or guests' conduct and any damage to or loss of property that may result in their guests' actions. Disciplinary action may result in the loss of guest or membership privileges. Please contact a staff member immediately if you find another member in violation of any policies, procedures,

BUILDING POLICIES

Governing Philosophy

The access policies and priorities of the UMSL Student Recreation and Wellness Center have been developed in response to and in support of the University's mission and strategic goals. Participating in recreational sports, fitness, and wellness activities is core to the educational experience, and accordingly, accommodating students' needs is among our highest priorities. However, the University values its relationships with the entire community, which includes not only UMSL students but also alumni, current UMSL employees, retirees, corporate partners, and community members.

Facility Scheduling Priorities

In order to meet the varied educational and recreational needs of the campus, a scheduling priority system has been established by the Department of Campus Recreation. All Campus Recreation facility requests must be presented to the administrative offices located on the main level of the UMSL RWC and requires approval from Campus Recreation. Different indoor and outdoor recreational facilities may have different scheduling priorities based on their intended use and funding base. Campus Recreation is committed to supporting drop-in recreational opportunities. Facility scheduling requests may be limited during peak hours of facility usage. Appropriate fees will be assessed for groups securing recreational facilities for events (both internal and external). The priority list below is representative of recreation facilities on campus.

Priority One: Drop-in/open recreation use for all students/members.

Priority Two: Formal programs administered through the Department of Campus Recreation. This would include aquatic, fitness, wellness, intramural, club sports, department sponsored special events and summer camps.

Priority Three: Other student and University group usage including but not limited to student organizations, academic classes/programs, University departments and special events.

Priority Four: External group usage, both University sponsored (affiliated) or non-affiliated.

The following criteria are used in rendering decisions to approve or deny facility scheduling requests:

- Impact to existing programs and available spaces
- Scope and nature of event
- Appropriateness of the activity or event
- Compatibility of the activity and the facility in which it will be conducted
- Previous experience with similar events
- Groups ability to meet all requirements relative to usage policies and procedures, facility usage, and event management charges
- Availability of required personnel

Observers and Spectators

Individual and scheduled tours may visit the UMSL RWC without a charge provided those persons do not use any of the recreational facility. Spectators attending admission-free events, such open houses, summer camps, swim lessons, or special displays are welcome in the specific areas designated for the events. They should not interfere with any open recreation activities. Building Managers should conduct tours where other UMSL tour guides are not available. Spectators of open recreation and/or intramural sports are not allowed in without special permission.

Verbal and Physical Abuse

Campus police can be reached at 314-516-5155 to assist in handling these types of situations. Verbal and physical abuse of any University or RWC employee, member or guest and damages to University equipment, property or facility will result in suspension or revocation of UMSL RWC privileges. Student offenders may be directed to the UMSL Department of Student Conduct and Community Standards.

Media & Electronic Devices

Use of electronic devices for pictures and videos should only be used for personal viewing/use. Exceptions will be made for certain events by the Campus Recreation Staff. These devices may be used for audio/music and plugged in to cardio equipment while working out. For personal privacy reasons, electronic devices cannot be used in the locker rooms or natatorium. Anyone found utilizing their personal devices to take pictures of others will face disciplinary actions.

Lost or Stolen Items

UMSL Campus Recreation is NOT responsible for stolen or lost items. However, we want to do our best to make the rec center a place where people can trust that their things are safe. Encourage people to take advantage of our rental lockers or bring their own locks. Any theft in the building must be communicated to Campus Police. The victim must wait for Campus Police to arrive and file a report.

Lost items should be turned in to the Welcome Desk and/or reported to the Building Manager on shift. Valuables items will be logged and kept in a safe at the Welcome Desk.

All other items will be logged and kept at the Welcome Desk. Items will be held no longer than one month and are subject to removal from the facility at that point for disposal, transfer to Campus Police, and/or donation. Items may only be identified and claimed in person by the individual that lost the item.

If a lost item is reported,

1. Make sure to help that person search for the item as thoroughly as possible.
2. Contact the Building Manager on shift to assist.
3. When you have determined that the item is actually missing (and not turned in to the lost and found), fill out an internal incident report and report the non-emergency incident to Campus Police. Campus Police dispatch can be reached at 314-516-5155.

Fitness Center

General

- Proper attire is required:
 - **Tops:** Required at all times and should provide coverage of the chest. Button down shirts should not be used directly on upholstered equipment. Please use a towel to cover and protect the equipment.
 - **Shorts/Pants:** Athletic shorts and pants preferred. Jeans, skirts or dress pants that have buttons should not be used directly on upholstered equipment. Please use a towel to cover and protect the equipment.
 - **Shoes:** Closed-toe, non-marking, athletic shoes only. Sandals, flip-flops, high heel, open-toed or open- heeled shoes of any kind are not allowed except during approved programs.
 - **Other:** Jewelry should be not be worn or kept to a minimum to keep user from accidental entanglement.
 - Clothing infractions are left to the discretion of Campus Recreation staff.
- **Items and activities prohibited in the fitness center:**
 - Snacks, food, and beverages other than plain, clear, water.
 - Spitting.
 - Removal of signage.
 - Personal radios unless used with headphones.
 - Standing on benches or equipment frames.
 - Holding or reserving equipment with towels or personal belongings.
 - Altering or moving of equipment onto the track, unless under the direction of a uniformed Campus Recreation Personal Trainer.
 - Top loading additional weight onto the weight stack machines.
 - Moving of equipment from one location to another. All equipment must remain in the area it was placed.
 - Modifying of equipment. All equipment must be used in the manner for which it is designed.
 - Operating or attempting to repair machines with loose or damaged parts. Report need of repair to a staff member.
 - Throwing or “slamming” equipment against the wall or other areas in the

- fitness area is prohibited.
- Protein powder and other fitness drinks. These drinks are NOT allowed in any activity area, but may be consumed in idle areas outside the turnstiles (i.e. main entrance, lobby, etc.)
- Gum is allowed, but anyone caught not properly disposing of it may lose membership privileges. Please use trash cans and not gym wipe cans for disposal.
- Keep hands and feet clear of moving parts while using machines.
- During peak times equipment (i.e. dumbbells, benches, etc.) should not be monopolized for personal use. Patrons may be asked to share with other users.
- Members may check out various fitness equipment from staff on a first come, first served basis. The exact item checked out must be returned in the same condition as it was received at least 15 minutes prior to closing.
- Gym wipes are available to wipe fitness equipment down after use as a courtesy and hygiene maintenance to other members. All patrons must wipe down the equipment with a gym wipe after each use.
- No one under 16 years of age may enter the fitness area without direct supervision unless they've gone through an orientation with a building manager (for those 13 through 15).
- Personal Training is only allowed under the direction of a uniformed RWC Personal Trainer.
- Personal belongings must be kept in a locker or cubby. Personal lockers and cubbies are available in some fitness areas and lockers are available in the locker rooms. The staff is not responsible for lost or stolen items.
- Any activity that is deemed unsafe or hazardous, at the discretion of staff, will not be allowed. For example, inverted hanging positions on the Synrgy360 equipment.
- Members/guests must abide by staff requests to follow these policies in order to maintain a clean and safe environment.
- High altitude masks are allowed in the facility, but not recommended to enhance your overall performance. If you are utilizing a mask in a matter that looks dangerous, Campus Recreation staff may ask you to remove it.
- In keeping with Campus Recreation's philosophy of promoting healthy body image and safe workouts, the use of rubber suites are not allowed.

Cardio Area

- 30-minute limit on all cardiovascular equipment when someone is waiting.
- Please use provided Gym Wipes ONLY to wipe down consoles.

Free Weight Area

- Dropping weights from any height is prohibited, as it damages the equipment. Also, please refrain from propping the weights up against the walls, mirrors or pillars.
- Each participant is only allowed to have one set of dumbbells off the rack at a time.
- Do not lift free weights near windows or mirrors.
- Collars must be used on all free bar lifts with plates.
- Free weights must be returned to their proper place after use.

Campus Recreation Building Policies

- Spotters are recommended on all lifts.
- Barbell Olympic lifting (i.e. snatch and clean, clean and jerk) is not allowed.
- Lifting chalk is NOT allowed, or utilization of tape on the equipment.

Track

- Proper attire is required:
 - **Tops:** Required at all times and should provide coverage of the chest. Button down shirts should not be used directly on upholstered equipment. Please use a towel to cover and protect the equipment.
 - **Shoes:** Closed-toe, non-marking, athletic shoes only. Sandals, flip-flops, high heels, open-toed or open- heeled shoes of any kind are not allowed.
 - Clothing infractions are left to the discretion of Campus Recreation staff.
- No spitting, food or drink besides bottled clear water allowed.
- Gum is allowed, but anyone caught not properly disposing of it may lose membership privileges.
- Running is only permitted on outside lane.
- Inside two lanes are designated for walking.
- Runners should always pass walkers to the outside.
- Track direction changes daily; members must follow the current direction.
- Sprinting and racing are not allowed for safety purposes.
- Use of other equipment while walking or running on the track is prohibited unless given specific permission by Campus Recreation staff.
- Lunges and other exercises are not allowed and should be conducted on the fitness floor.
- Strollers are not allowed for safety reasons.
- Patrons can carry babies in a baby carry secured to their body.

Natatorium Guidelines

General

- No one shall enter the Natatorium without a lifeguard present.
- The Natatorium including the pool and whirlpool has different operating hours than the facility. Please refer to posted hours.
- It is highly recommended by the Missouri Department of Health that all persons shower with soap prior to entering the pool.
- Do not use the pool if you have been experiencing stomach issues that involve diarrhea, have a contagious disease, or open sore or lesion that has not healed.
- Proper attire is required:
 - Lined bathing suits are required for all swimmers. Shirts and shorts or tightly fitting pants may be worn over a bathing suit for modestly, cultural, or religious purposes.
 - Street shoes are allowed on deck but must be free of debris and dirt.
 - Full wetsuits are not permitted.

- Clothing infractions are left to the discretion of Campus Recreation staff.
- Items and activities **prohibited** in the Natatorium:
 - Inflatable flotation devices; Coast Guard approved flotation devices only
 - Merfins or any mermaid style outfit or monofin that would prevent the participant from using both legs independently
 - Running on the pool deck
 - Horseplay including: dunking, chicken fights, splashing, pushing, running or any other behaviors deemed unsafe by Lifeguards.
 - Prolonged underwater swimming/breath holding.
 - Sitting, standing, or climbing on divider walls in the pool.
 - Hanging or climbing on railings
 - Misuse of equipment (hanging on basketball hoop, volleyball net or lane lines)
 - Diving from any edge except the far wall in the deep end.
 - Gum, food or beverages other than water.
 - Glass, metal or sharp objects
 - Spitting or urination
 - Adhesive bandages
 - Colognes, perfumes and other scented products
 - Organized practices or events without prior reservation
 - Teaching other members and guests to swim
 - Use of electronic devices
- Recreational & Lap Swimming is available during specified hours only. Please see the Natatorium Schedule for detailed times.
- Equipment is available for members/guests. Please ask the lifeguard for assistance or questions regarding available equipment.
- Balls and inflatable toys are prohibited during Lap Swim time.
- Kick boards and pull buoys are intended to be used as swimming aids for lap swimmers only and may not be used as flotation devices or as an instructional tool outside of scheduled swim lessons.
- Campus Recreation Staff, including lifeguards, reserve the right to remove any Member or Guest from the pool if he/she exhibits behavior that is believed to be unsafe or inappropriate. Any user who elects to ignore staff requests regarding pool regulations will be subject to expulsion from the facility.
- Members should exit the water immediately if feeling uncomfortable, dizzy, or fatigued and should report problems immediately to the Lifeguard.
- Members should enter and exit cautiously using the stairs and the handrail.
- For assistance entering/exiting the water, please use the zero depth entry, or contact a staff member additional information.
- Individuals of any age who appear to lack adequate swimming skills may be required, by a lifeguard, to pass the following swim test to enter the pool:
 - Swim successfully for 25 yards (without assistance or stopping) rest for 1-2 minutes and tread water for one minute (without assistance or stopping). The Lifeguard administrating the swim test has the authority to not pass the individual if they feel that their swimming abilities are not strong enough to

keep them safe in the water.

- Failure to pass the swim test will require the individual to use/wear an approved US Coast Guard flotation device while in the water, OR be in the water within an arm's reach of an adult member, and both adult and child must remain in the designated shallow end of the pool.
- The use of personal devices to take pictures or videos is prohibited unless otherwise authorized by Campus Recreation staff.

Age Guidelines

- Anyone 13 years of age or older may use the pool and whirlpool independently. Lifeguards may administer a swim test to anyone with questionable swimming ability.
- Children 12 years of age or younger must be supervised by an adult member (over 18 years of age) at all times regardless of swimming ability and are not allowed in the whirlpool. If the child can swim and can pass the swim test, the adult member must be on the pool deck. If the child cannot swim or does not pass the swim test, the adult member must be in the water and within arm's reach of the child.
- Children 6 years or older are required to have their own membership to use the pool and to receive member pricing on instructional programs.
- Children 5 years old or younger are able to use the pool under their parents' membership and receive member pricing on instructional programs.

Aquatics Classes

- Arrive on time to classes and stay through the entire class. If not possible, please consult with the instructor.
- Be respectful to the instructor and other class participants by keeping social conversations to a minimum while the class is in session.
- Be respectful of participants' personal space and always be prepared to share. Aqua shoes are recommended for all aquatic classes.

Lap Swimming Etiquette

- Members are encouraged to refer to the pool schedule to determine availability for lap swimming, classes, and other recreational use of the pool.
- Lanes must be shared when necessary. A member cannot refuse to share a lane with another member with similar swimming skills.
- Two swimmers can share a lane, either side-by-side or circular swimming can occur.
- When three or more swimmers share a lane, they must swim in a circular manner.
- Speed designation signs may be placed on the deck to help encourage proper lane line usage during lap swim times.
- If you are interested in sharing a lane with an existing swimmer, put a kickboard in the water to obtain their attention (prior to entering lane).
- Swimmers resting or otherwise waiting at the wall should stay far to one side of the lane, so the other swimmer can tag or flip at the wall.

Campus Recreation Building Policies

- Kickboards and pull buoys are available on the swim deck.

Diving Board Guidelines

- Diving boards are only to be used under the direct supervision of a Lifeguard during open swim times.
- Experienced swimmers only.
- Maximum participant weight allowed is 500 pounds.
- Participants **may not** adjust the fulcrum. The wheel is to remain completely forward near the edge of the pool deck.
- Only one person allowed on the board at a time. All other participants must wait on the deck until the diver has reached the ladder and is exiting the pool before climbing the ladder.
- Only one bounce is allowed per dive.
- Only front dives and flips are allowed. All dives must be made from the front edge of the board, not from the side.
- No handstands, cartwheels, backwards or sideways dives, butt-busters etc. are allowed.
- Participants must surface immediately after each dive and use the ladder to exit the pool.
- Diving board may only be used during open swim when the lane line below it has been removed.
- Flotation devices, goggles/masks or fins cannot be worn while using the diving board.

Zip line Guidelines

- Zip line available outside of lap swim hours and Lifeguard must be on duty.
- Only one person on the Zip line platform at a time and the Lifeguard must be present to assist.
- Drop Zone must be clear before the next person uses the Zip line.
- No swinging from side to side, or other horseplay, while on the Zip line.
- No diving and No backflips.
- Keep knees up while on Zip line and Feet first entries only.
- Flotation devices are not permitted.

Whirlpool Guidelines

- The whirlpool will be closed periodically for regular cleaning (times TBD).
- Members and guests must be 13 years of age or older to use the whirlpool independently. Anyone 12 years old or younger may not use the whirlpool or sit on the edge.
- Whirlpool may only be used when the Natatorium is open and a lifeguard is present.
- Users should shower with soap before using the whirlpool.
- Patrons are allowed to stay in the whirlpool for no more than 10-15 minutes at a time.
- Anyone with heart disease, diabetes, high or low blood pressure, seizures, epilepsy, or other serious medical conditions are not permitted to use the whirlpool.
- Pregnant women should consult their physician before using the whirlpool.

Campus Recreation Building Policies

- Members and guests may not use the pool or whirlpool while under the influence of drugs or alcohol.
- Open wounds or lesions that have not healed are not allowed in the water.
- Sleeping, reading, exercising or submerging in the whirlpool is not allowed.
- Swim caps may not be worn while in the whirlpool.

Vortex Guidelines

- Participants must be able to swim in and out of the vortex on their own; adults **may not** hold small children.
- Up to five swimmers allowed in the vortex at a time.
- Submerging or swimming underwater is not allowed.
- Hanging, sitting or standing on the sides is not allowed.
- Participants must enter and exit the vortex through the opening. They may not jump or climb in from any other point.
- No flotation devices, noodles or toys in the vortex.

Sauna Policies

- Members should not spend more than 15 minutes in one session, as excessive exposure can be harmful.
- For health reasons, exercise and grooming is not permitted inside the sauna.
- Elderly persons, pregnant women, persons using prescription medications, and persons suffering from heart disease, diabetes or high or low blood pressure, seizures, epilepsy, or other serious medical conditions are not recommended to use the sauna, but if desired, please consult a physician before use.
- The sauna temperature and timer is set automatically and does not require any maintenance from members. To avoid issues:
 - Do NOT pour water onto the heating element.
 - Do NOT hang wet towels on the wall sensor above the heating element.
- Report any abusive, damaging, or abusive behavior to Campus Recreation staff immediately.
- Sweat suits are prohibited in the sauna.
- Please utilize a towel between bare skin and wood benches.
- Please notify staff immediately with any safety concerns.
- The sauna may be closed without notice for cleaning and maintenance.

Climbing Wall

- All climbers must sign a Campus Recreation Indoor Climbing Informed Consent and Release of Liability Agreement. Patrons under 18 must have the form signed by a parent or guardian
- Admittance into the Climbing Wall Area is permitted during operating hours only.
- All climbers, regardless of ability, must pass a skill check/test. No one is permitted to belay, lead belay, or lead climb unless they have gone through the Climbing Wall

qualification process and have a Belay Card/ Lead Belay Card/ Lead Climbing Card on file.

- Proper attire is required. All climbers and belayers must wear shirts and closed toed shoes. No bare feet or sandals on climbing wall. Long pants are recommended. Clothing infractions are left to the discretion of Campus Recreation staff.
- Minimum age to belay is 16
- Harnesses, shoes, and belay devices are provided by the Climbing Center Desk for member use. No Climbing Wall equipment is allowed outside of the Climbing Wall area.
- Harnesses must be worn and used correctly. Climbers must tie in with a followed through figure 8 knot.
- Personal harnesses and shoes may be used at the climbing wall at the discretion of the climbing wall staff. Staff will check personal equipment for safety and climbers must demonstrate proper use of their equipment.
- Use only provided belay devices.
- Jewelry should be removed before climbing, especially rings, watches, and large earrings.
- Chalk must be enclosed in a chalk sock. No loose chalk is allowed. (No zip-lock bags or containers.)
- Be aware of your surroundings at all times. Do not climb above or below other climbers.
- Lead climbing is permitted during low traffic times only, and is allowed at the discretion of the Climbing Wall Staff.
- Avoid climbing routes that interfere with others already climbing on the wall, or that put you in another's fall zone. The right of way is as follows:
 1. Lead Climbers
 2. Top Rope Climbers
 3. Boulderers
- Please report to the climbing wall staff any injuries, loose holds, or damage to the climbing wall or equipment.
- Children younger than 16, must be accompanied by an adult at all times.
- Food and beverages, besides water, are not allowed in the climbing area. Water must be in a spill-proof non-breakable container.
- All Rec Center rules apply to the climbing wall area.
- Use of profane language and obscene or unsafe behavior will not be tolerated.
- Members not using the wall should remain on the tile walkway when observing climbers in action.
- You must comply with all instructions of the Climbing Wall Staff. Staff has final say on safety and behavioral issues. Climbers disregarding these rules may lose climbing privileges.

Bouldering

- Spotters are highly encouraged while bouldering.
- Bouldering should not occur below roped climbers.
- Climbers must use area with crash pads below.

Campus Recreation Building Policies

- Anyone displaying unsafe behavior will be removed immediately and may lose membership privileges.

Top Roping

- The belay certification is valid for one semester from the date of verification and then must be renewed, each semester.
- Climbers must climb under the belay bar to which they are connected.
- Belayers must keep their brake hand on the rope at all times while belaying
- All climbers must be tied in with a figure 8 follow through knot and double overhand knot to secure the end. (No clipping into the rope with a carabineer)

Group Fitness Studios

- Proper attire is required:
 - **Tops:** Required at all times and should provide coverage of the chest. Button down shirts should not be used directly on upholstered equipment. Please use a towel to cover and protect the equipment.
 - **Shorts/Pants:** Athletic shorts and pants preferred.
 - **Shoes:** Soft-soled, closed-toe, non-marking, athletic shoes are required for all cardiovascular and resistance training classes. Hard-soled, closed-toe athletic shoes or cycling shoes are recommended for all group cycling classes. Shoe removal may be appropriate in Yoga and flexibility training classes, at the instructor's discretion. High heeled shoes are not allowed in the fitness studios.
 - **No shoes should be worn when kicking the heavy bag in Studio 1.**
 - Clothing infractions are left to the discretion of Campus Recreation staff.
- Priority for use of the studios is given to Campus Recreation classes.
- Storage rooms should be locked except during classes.
- Stereo cabinets are only to be opened and used by staff during classes.
Please report any damages or suspicious behavior to staff immediately.
- All equipment must remain in the studios and must be returned to its proper location after use. Equipment from other areas may not be brought into the studios unless approved by a staff member. All equipment should be used in the manner for which it is designed and wiped down after use.
- Throwing objects, including balls, against the walls is not allowed.
- Campus Recreation is not responsible for lost or stolen items. Please remove all items that you have brought with you.
- Watching exercise videos are allowed as long as on a mobile device and utilized with head phones. Laptops are not allowed in the fitness studios unless otherwise approved by the Campus Recreation staff.
- Group and Instructional Fitness Classes
 - Participants are highly encouraged to arrive to class on time. Participants arriving more than ten minutes after the scheduled class start time will be denied entry to class, due to the importance of a sufficient warm-up period.
 - New group cycling participants are encouraged to arrive 15 minutes early to

learn proper bike set-up.

- It is highly recommended that participants stay for the entire Group Fitness class to ensure participation in the proper cool-down phase of class.
- To enter a class, participants must wait outside the studio until the instructor allows everyone inside. Participants may not save spaces in line for friends.
- Any child under the age of 15 that has not participated in a fitness orientation is not allowed in group fitness classes. This includes them sitting on the bench and watching why their parent participates.

Gymnasium

- Proper attire is required:
 - **Tops:** Required at all times and should provide coverage of the chest. Button down shirts should not be used directly on upholstered equipment. Please use a towel to cover and protect the equipment.
 - **Shorts/Pants:** Athletic shorts and pants preferred.
 - **Shoes:** Close toed with rubber, non-marking soles.
 - Clothing infractions are left to the discretion of Campus Recreation staff.
- Sports and/or activities that do not have equipment items available for checkout at the Welcome Desk are not allowed unless given approval by Campus Recreation staff.
- Items and activities **prohibited** in the Multi-Activity (MAC) & Gymnasiums:
 - Hanging on nets or rims.
 - Football, tennis, frisbee, baseball, floor hockey, hard balls, martial arts, or other unsafe activities unless approved by Campus Recreation staff.
 - Kicking or throwing basketballs and/or other equipment towards the wall, ceiling, lighting, bleachers, and/or track.
 - Food, seeds, glass, smoothies or other beverages. **Clear water ONLY.**
 - Spitting.
 - Organized practices or events without prior reservation.
- Gum is allowed, but anyone caught not properly disposing of it may lose membership privileges.
- Open recreation is first come, first served. Please communicate with others and share space.
- Individual(s) or group(s) waiting to play must be allowed and worked into games. Please contact a staff member if you find an individual or group monopolizing court play. Those in violation may be removed from play and face potential suspension of membership privileges.
- Two hardwood gym courts prioritized in the following order of activities:
 1. Basketball
 2. Volleyball
 3. Badminton/pickleball
- Multi-Activity Court (MAC) prioritized in the following order of activities:
 1. Indoor Soccer
 2. Volleyball
 3. Badminton/pickleball
 4. Basketball

Campus Recreation Building Policies

- Priority use of court activity may change based on needs of patrons.
- No indoor soccer or floor hockey on the two hardwood gym courts.
- Requests for volleyball and badminton/pickleball equipment set-up will be accommodated when possible. Do not remove any equipment set-up on courts. Ask the Campus Rec Staff for assistance with equipment set up or removal.
- Children 12 years of age and under must be directly supervised by a parent or guardian over the age of 18 at all times in the gymnasium. Children ages 13-15 can use the gymnasium with direct or indirect supervision by a parent or guardian, no orientation required for access.
- Please see website or digital signage at entrances for a listing of daily events.
- Staff is not responsible for lost or stolen property. Personal belongings are not permitted in activity areas and must be kept in a locker or cubby
- In case of an emergency, please contact the front desk staff immediately.

Practice Good Sportsmanship:

- No taunting, fighting or bullying.
- No profanity, use only appropriate language.
- Do not single out individual players, fans, officials or others involved.

Maintenance Shutdowns

Specific areas and/or the entire facility are subject to shutdown at any given point for emergency, annual, or regular maintenance. Advance notice will be made for scheduled maintenance. If possible, other areas of the facility will remain open so members have alternatives for their workout routine. Membership refunds will not be provided for maintenance shut down time.