

**The University of New Orleans
Recreation & Fitness Center**

Guidelines & Procedures Handbook

**Volume 19.5
Revised: August 2023**



**THE UNIVERSITY of
NEW ORLEANS**

**RECREATION AND
INTRAMURAL SPORTS**

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Professional Staff

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Hours of Operation

Monday – Thursday.....	6:00am – 9:00pm
Friday.....	6:00am – 8:00pm
Saturday.....	8:00am – 3:00pm
Sunday.....	10:00am – 3:00pm

*Hours are subject to change.

Contact Information

Phone..... (504) 280-6357
Fax..... (504) 280-6440
Address..... Recreation and Fitness Center
 Lakefront Campus
 2000 Lakeshore Drive
 New Orleans, LA 70148
Email..... rissa@uno.edu
Website..... <http://ris.uno.edu>

Fitness Center Amenities

- 87,000 square feet
- Cardiovascular equipment: treadmills, bikes, ellipticals, rowers, elliptical cross trainers and a stepmill
- Selectorized weight equipment: pin loaded and extremely user friendly
- Plate loaded/free weights with urethane plates and easy grip handles
- Televisions located in the cardiovascular and free weight areas
- Dr. Richard J. Stillman Track overlooking Lake Pontchartrain for your indoor jogging/walking pleasure (10 laps = 1 mile)
- Natatorium (25 yard/4 lane pool) for lap/recreational swimming, water exercise, intramural and club water sports
- Pleasant and relaxing outdoor deck
- One racquetball court
- Two dry saunas
- Gymnasium housing three full-sized courts for basketball, volleyball, badminton & pickleball
- Two multipurpose rooms for group exercise activities, such as indoor cycling, yoga, Zumba, etc.
- Spacious locker rooms
- Basic Body Composition Test

Services Available For an Additional Fee

- Reserved Locker
- Personal Training
- Fitness Assessment

Membership Eligibility

An individual who is 16 years of age or older is eligible to join the Recreation and Fitness Center as an individual member.

Membership Requirements and Renewals

At each sign-up, ALL individuals MUST provide a valid/current photo ID card and verifying identification for the appropriate membership classification that he/she is joining. In addition, each individual must complete a UNO Recreation and Fitness Center Membership Agreement, Physical Activity Readiness Questionnaire (Par-Q), and Release of Liability. After sign-up, members must show a valid Fitness Center I.D. or current UNO I.D. for entrance into the Recreation and Fitness Center. Upon renewal you MUST: complete a membership renewal form, Par-Q, provide updated contact information, verifying information (i.e. driver's license, utility bill [gas, water, or electricity]) for household members, and the initial member MUST renew BEFORE additional members are added.

***current high school photo ID cards are ONLY accepted when presented with a certified birth certificate for that individual.**

Membership Categories

UNO Student ALL currently enrolled students in good standing during the Spring, Summer, and Fall Semesters are admitted to the Recreation and Fitness Center with their current/valid UNO Student I.D. *Any student enrolled for the Spring Semester but not for the immediate following summer semester may utilize the Recreation and Fitness Center for a \$29.00 fee beginning with the start of the Summer Academic Appointment.*

Faculty/Staff Faculty/Staff are employees of the University of New Orleans. Faculty/Staff, who are enrolled as UNO students, must sign up at the Faculty/Staff rate. *Nine-month membership plan is available for nine-month academic faculty only. ONLY UNO Faculty/Staff classified as fiscal biweekly and 9-month academic qualify for payroll deduct.*

UNO Faculty/Staff/Retiree A retiree is a University of New Orleans employee who has retired from the University of New Orleans and officially draws a pension from a state retirement plan with verifying identification.

UNO Affiliates Specific companies/organizations having a partnership with the University of New Orleans. Ex. The Beach tenants and Ben Franklin High School Faculty/Staff and students.

Active Alumni An Active Alumnus is an individual registered with the Department of Alumni Affairs as having received a degree from the University of New Orleans and maintains an active membership with the UNO Alumni Association. Member card must be presented at sign-up. Use link to sign up <https://www.uno.edu/alumni>

Senior Citizen A Senior Citizen is an individual who is 55 years or older with verifying identification.

Community Member A community member is an individual who does not have affiliation with the

University through other eligibility categories.

Additional Household Members An Additional Household Member must present verifying information (i.e. driver's license, utility bill [gas, water, or electricity]) that confirms residency in the same household as the Initial Individual Member. Additional Household Members may join at the same time as the Initial Individual Member or at any time thereafter. ONLY 3 Additional Household Members are allowed to join under the Initial Member. Any Additional Household Members beyond 3 will require approval by a Professional Staff. **However, Additional Household Members joining at a later date will have the same expiration date as that of the Initial Individual Member.**

Membership Plans and Rates

Membership Category	12 months/Additional	Monthly/Additional (with Auto Draft)
UNO Faculty/Staff/Retirees	\$360/\$325	\$30/\$28
Senior Citizen/UNO Active Alumni	\$440/\$420	\$37/\$25
UNO Affiliates	\$480/\$440	\$40/\$37
Community Member	\$840/\$770	\$70/\$65

*****ALL RATES ARE SUBJECT TO CHANGE WITHOUT NOTICE.***

Student Summer Rate

All UNO students who are not enrolled for the Summer Semester may utilize the Recreation & Fitness Center during the Summer Semester by paying a \$29.00 membership fee, starting the first day of the Summer Academic Appointment, as long as the student was enrolled for the Spring Semester immediately preceding the Summer Semester.

UNO Student Summer Rate (non-enrolled)	\$29.00
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(NOTE: The student must be in good standing with the University. If a student was enrolled in the spring but resigned early, or did not complete the Spring Semester with a letter grade, he/she is excluded from receiving this rate.)

Membership Fee Payment

Money Order, Visa, Discover, American Express, and MasterCard, Apple Pay and Google Pay are accepted. Payroll deduction is available for UNO employees who sign up for a twelve-month membership only. All money orders must be made payable to UNO for the exact amount due.

- Memberships are non-transferable

- No pro-rate, holiday, or vacation freezes allowed for any reason
- No membership extensions for any unforeseen circumstances or facility maintenance
- No Refunds

All rates are subject to change.

A 4.45% sales tax will be applied to ALL membership fees, extra fees, services, and miscellaneous items.

There is a 2.32% service fee on all credit/debit card transactions.

ADDITIONAL SERVICES:

Lockers and Towels

- Towels are highly recommended in the multi-purpose rooms, cardiovascular, strength and free weight areas. If you did not bring your own towel, you may borrow one from the equipment checkout window
- A picture ID is required to get a locker key and a towel
- Day and reserved lockers are assigned on a first-come, first-serve basis. There may be a waiting list for Reserved Lockers.
- Locker key and towel are picked up and returned at equipment checkout.
- Day lockers are for use while utilizing the facility only. A \$5.00 fee is assessed for taking a Day locker key outside of the building.
- The user will be charged for any damages to a locker or loss of key. Please immediately report any damages or loss of key to equipment checkout.
- **Renewal of reserved lockers must be paid in full before the expiration date;** belongings will be removed the following day and the locker will be reassigned.
- A \$5.00 fee is assessed to reclaim belongings. Unclaimed belongings will be disposed after 30 days.
- RIS towels must be returned daily to equipment checkout. A \$3.00 fee is assessed for not returning small towels; \$4.00 for large towels.
- **Locker Service becomes invalid if membership is not renewed.**
Any of the above fees, charged to a member, must be paid in full PRIOR to next facility visit.

Day Locker Service	No Charge
Reserved Locker Service per month	\$12.50

Parking

A parking permit is **REQUIRED** if parking on campus. The member will be held responsible for any parking tickets received while parking on campus. Active Alumni, Senior Citizens, and Community Members must purchase a RIS parking permit and use the parking area located on the **southeast side of the Recreation and Fitness Center (between Elysian Fields Avenue and the Recreation and Fitness Center.)**

RIS Parking Permit Rates

1 Month	\$3.00
12 Month	\$20.00

NOTE: All UNO students, faculty, staff, and retirees* must obtain a UNO parking decal from University Police and follow all University Parking guidelines as set forth by the University. **Additional Household Members of UNO students may purchase a RIS parking permit provided they show their vehicle registration to confirm ownership.**

*UNO Retirees – NO CHARGE for parking decal, however, decal must be obtained from University Police.

Conditions of RIS Parking Permit:

1. Permit is non-transferable and non-refundable.
2. Only one permit per vehicle.
3. Park in WHITE LINES ONLY.
4. All vehicles must park facing the centerline. Do NOT back into a parking space.
5. Valid ONLY for the period indicated.
6. Permit must hang on the rear view mirror while parked or placed on the driver's side dashboard
7. Decal must be unobstructed.
8. Valid ONLY in the lot, southeast of the Recreation & Fitness Center.
9. The Department of Recreation and Intramural Sports is not responsible for damages to or loss of vehicle, its contents or accessories from any cause whatsoever. Please do not leave valuables in view!
10. Motorcycles do not need a permit and may park in the Recreation & Fitness Center lot in spaces designated for motorcycles or in striped areas. Motorcycles parked in striped areas must not interfere with pedestrian and/or vehicular traffic and safety.
11. Permit remains the property of the Dept. of Recreation & Intramural Sports.
12. All RIS Parking Permits issued are for RIS patrons only. Place the parking permit on dashboard of vehicle during visit and discard the parking permit after its expiration date.
13. All of the above applies in addition to the University Parking guidelines; view here

<https://www.uno.edu/upd/parking-services>

14. The Parking and Traffic Division (P&T) of University Police (UP) and University Police Officers will issue both traffic and parking tickets if the above listed conditions are not followed.

Fitness Programs

Fitness Assessments

Find out your fitness level by having a fitness assessment performed by one of our trained staff. The fitness assessment entails tests ranging from cardio-respiratory function, body composition, muscle endurance and strength, as well as flexibility. In addition, fitness assessments enable personal trainers to complete an optimal exercise prescription for their clients. Furthermore, our fitness assessment staff is available to consult with you about concerns you may have and to demonstrate basic equipment usage. In order to schedule an appointment for a fitness assessment or fitness orientation (proper fitness equipment usage), one must be a student or a member of the facility. For more information or to schedule an appointment, please call 504-280-6415.

Fitness Assessment \$40

Personal Training

Get the benefit of hands on, one-on-one individualized attention. The Recreation and Fitness Center has several certified trainers available to assist you in goal attainment and to tailor an exercise program to meet your specialized fitness needs. All training sessions are scheduled between the trainer and client. The initial consultation includes a fitness assessment performed by the trainer. All personal training sessions must be used within six months of purchase. After six months, the sessions will be considered expired. **Each session is 1 hour, except for the initial consultation which is 1.5 hour.*
ONLY RIS trainers are allowed to train in the Recreation and Fitness Center.

Personal Training Session Cost	
Initial Consultation (<i>required</i>)	\$75
1 session	\$70
5 sessions	\$325
10 sessions	\$625

For more information or to schedule an appointment with a trainer, please call 504-280-6415.

Group Exercise Classes

As part of your membership, an assortment of group exercise classes, various cardiovascular and resistance training formats will be offered weekly. Group Exercise schedules are available in turnstiles located in the lobby and on our web site; <http://new.uno.edu/recreation-intramural-sports>. Classes are subject to change based on participation. Specialty classes may be offered for a fee.

Additional RIS Programs

Club Sports (Current UNO Students ONLY)

Club Sports are designed to bring both men and women with common interests together. All Club Sports are organized by students (under RIS supervision) and provide recreational and competitive programming. Club Sports include: Sailing, Tae Kwon Do, eSports, Wrestling, Rugby and much more. If you are interested in beginning a new Club Sport please contact the Department of RIS.

Intramurals (Current UNO Students & Faculty/Staff ONLY)

Intramural Sports provide exciting opportunities for UNO students, faculty/staff, and Active Alumni to engage in a variety of sports. Some of the sports include: Basketball, eSports, Flag Football, Racquetball, Table Tennis, Soccer, Softball, and Volleyball.

Summer Day Camp

The day camp is an 8 week program open to boys and girls ages 5-11 years old. The goal of the UNO Summer Day Camp is to provide campers with the opportunity to have fun and gain new friends in a safe environment. Our staff is sensitive to the diverse growth and developmental needs of school age children. The Summer Day Camp is administered by the Department of Recreation and Intramural Sports. A few camp activities are: softball, swimming, flag football, adventure walking, field trips, and much more.

Please call 280-6009 or visit our website for more information <http://ris.uno.edu>.

Admittance Guidelines

The use of the Recreation and Fitness Center is for the University of New Orleans Students, Faculty/ Staff, Active Alumni and other authorized members as identified in the membership classifications.

A current UNO I.D. or membership card must be presented at the admission control desk each time you enter the Recreation and Fitness Center. This guideline protects your interests as an authorized user of the facility. An individual, who forgets his/her I.D. card, will be permitted in the facility one time each semester with a valid picture I.D. Your cooperation is appreciated and expected at all times. Once your membership is verified you will be permitted to enter the facility via the turnstile. Non-handicapped members MUST NOT use the handicapped gate to enter the facility.

Your UNO I.D. states, "This card is the property of the University and should be retained for ALL years of association or attendance at UNO. The University is not responsible for any expense resulting from the loss, theft or misuse of this card. If damaged or lost, a replacement fee will be

charged. Altering, lending, or failure to present this card to the University authorities upon request will subject the holder to disciplinary action. If this card is lost or found, it is your responsibility to immediately report it to UNO Police (504) 280-6666 & Media Resources (504) 280-6285. **Unauthorized use of this card may result in criminal prosecution.**

Please follow all Recreation and Fitness Center Guidelines and Procedures. If you, as a member, notice anything unusual or out of the ordinary, please notify a staff member. **We will not be held responsible for lost or stolen items (including locker contents).**

Violations of guidelines will result in suspension or immediate termination of membership.

Guest Guidelines

All facility guidelines apply as well as those listed below.

1. Daily guest pass rate is \$15 (+tax)(+convenience fee)
2. Guests must enter through the main entrance of the UNO Recreation & Fitness Center.
3. Anyone purchasing a daily guest pass must be accompanied by a current member (sponsor).
4. If the sponsoring member is already in the facility, he/she must come to the front desk to complete the guest pass agreement.
5. Both the guest and sponsoring member must complete a guest pass agreement and show their state or government issued identification. **NO EXCEPTIONS**
6. Guests shall not be allowed to enter the UNO Recreation & Fitness Center without a current member signing them into the facility **AND** paying the fee.
7. Members will be held accountable for the actions of their guests, which could lead to revocation of member privileges in the most serious of cases.
8. A member can **ONLY** sponsor one (1) guest per day.

Children under 3 – No charge (age verification **MUST** be provided)

Children Guidelines

All facility guidelines apply as well as those listed below.

In an effort to provide a safe and user-friendly environment for Recreation and Fitness Center members, the Department of Recreation and Intramural Sports will implement the following child participation guidelines.

Eligibility for Admittance: All children must be accompanied by a Recreation and Fitness Center member/guest. Age requirements apply to each area in the Recreation and Fitness Center. Please see “Area Age Restrictions” below. Children under 3 – No charge (age verification **MUST** be provided). Children age 3 and up must have a paid membership.

Supervision: While in the Recreation and Fitness Center, children must be supervised and remain with an adult at all times. The supervisor is responsible and will be held accountable for unsupervised children or any inappropriate actions by children. Children may not be left unattended (at any time) inside or outside of the Recreation and Fitness Center while a member/guest works out or partici-

pates in any activities.

Locker Room: Children over the age of five (5) are not permitted in the locker room of the opposite sex. An assisted change restroom is available near the natatorium. Keys are available at equipment checkout.

Area Age Restrictions

***Adult Supervisor: 18 yrs.+**

Multi-Purpose Rooms/ Gymnasium/ Cardiovascular/ Free Weights/ Strength Training:
NO ONE under the age of 16 is admitted.

Track/ Racquetball/ Dry Saunas: NO ONE under the age of 12 is admitted. Children between the ages of 12 and 15 are admitted only with Adult Supervision. *

Locker Room/ Natatorium: Children under the age of 16 are admitted only with Adult Supervision. *

Guidelines and Procedures

The Department of Recreation and Intramural Sports is customer service oriented, however, there must be customer responsibility as well. The department reserves the right to act on any situation that may arise, which are not specifically covered in departmental guidelines, this material, or any other departmental literature.

Participation is designed so that a sense of community is created during recreational play and competitions. The following types of conduct are unacceptable and will not be tolerated: racial slurs, derogatory comments, hate speech, or behavior that is intimidating or threatening to anyone. Please be courteous to everyone and treat each other with respect and dignity.

Use of the Recreation and Fitness Center is a privilege. Individuals who do not cooperate with departmental guidelines and procedures or who act inappropriately toward a University employee or a fellow patron will be asked to leave the facility. You may be denied access to the facility and your membership may be revoked.

Abusive Behavior Abusive behavior, verbal or physical, toward another patron or a University employee will not be tolerated. RIS staff has the authority to demand unruly members and/or guests leave the facility if their behavior necessitates such action. Examples include, but are not limited to: spitting on floors, vandalism, touching and/or hanging from basketball rims, yelling, fighting, dropping weights, threatening employees or members, and damaging the equipment or facility.

Appropriate Attire T-shirts with derogatory/offensive language/pictures are not allowed in any areas

of the Recreation and Fitness Center. Shoes **MUST** be worn in all areas of the facility. Please read restrictions for specific areas on pages 14 - 17.

Athletic Footwear Appropriate shoes must be worn in specific areas. Please read restrictions for specific areas on pages 14 - 17. If any exceptions are made, they will be determined by the Recreation and Fitness Center professional staff.

Cell Phones Cell phone usage is prohibited in all locker rooms, public restrooms, on fitness floor, and assisted changing areas. Members/Guest are NOT allowed to photograph other members/guest without their consent.

Children See Section "Children Guidelines" on page 9.

Confiscated I.D. An I.D. used by an individual other than the owner will be confiscated and may result in immediate termination of Recreation and Fitness Center privileges of all parties involved.

Cuspidors A cuspidor is a receptacle for spit. Several water fountains in the facility have a cuspidor attached. Please depress water fountain button to rinse cuspidor after each use. Spitting is allowed in the cuspidor only.

Day Locker Rooms and Lockers Day lockers are available at no charge with photo identification. Day Lockers are assigned on a first-come, first-serve basis. Locker key can be picked up at equipment checkout. Members must remove belongings from day lockers prior to leaving the building. Belongings left in locker will be removed after closing. A \$5.00 fee is assessed to reclaim belongings. **Unclaimed belongings will be disposed of after 30 days.** Items that are removed that may cause leakage, such as soaps, deodorants, shampoos etc., will be disposed of immediately or at the discretion of the RIS staff. Personal locks are not permitted and will be cut off each night. The charge for a lost key is \$25.00 per key. Day locker keys are NOT allowed outside the facility. Cell phone usage is prohibited.

Entry Violation Admitting a non-member into the facility is a violation and will result in immediate termination of Recreation and Fitness Center privileges of all parties involved.

Food, Beverages, and Gum Food, beverages, and gum are allowed in the Racquetball Court seating area and Outdoor Deck areas only. No glass containers are allowed in any area of the facility. Only food and beverages (except water) purchased on campus are allowed in designated areas.

Gym/Book Bags Are not permitted upstairs on the Fitness Floor.

Loitering Loitering is strictly prohibited in all areas of the facility.

Lost and Found Inquiries regarding lost and found items should be made at equipment checkout.

Non-returned Items The fee for an item that is not returned is dependent upon the item.

Personal Property All personal property must be locked in a day locker (no charge), reserved locker, or mini-locker (located throughout the facility, at a cost of 5 cents.) RIS is not responsible for locker contents.

Pets Pets are not allowed in the Recreation and Fitness Center. ONLY Service Animals assisting persons with disabilities are allowed.

Programs Scheduled Recreation and Intramural Sports activities will have priority over open recreation. When possible, part of the Recreation and Fitness Center will remain available for open recreation.

Reserved Locker Rooms Reserved lockers are available for a fee (only one person per reserved locker). Members who rent a reserved locker will be issued keys to access both the reserved locker room and locker. If a member forgets their key, RIS Staff will grant access to the locker (complimentary) one time only during their membership. A \$2.00 fee will be assessed to gain access each additional time thereafter. Renewal of reserved lockers must be paid in full before the expiration date; belongings will be removed the following day and the locker will be reassigned. A \$5.00 fee is assessed to reclaim belongings. Unclaimed belongings will be disposed after 30 days. Removed items that cause leakage, such as soaps, deodorants, shampoos etc., will be disposed of immediately or at the discretion of the RIS staff. The user will be charged for any damages to the locker or loss of key. Personal locks are not permitted and will be cut off each night. Charge for a lost or non-returned key is \$25.00 per key. Cell phone usage is prohibited.

Rollerblades, Skateboards and Bicycles Rollerblades and skateboards are not allowed for usage in the Recreation and Fitness Center or in the plaza area outside the facility. Bicycles may not be brought inside the facility. They MUST be locked up in the designated areas located OUTSIDE the facility.

Signs/Flyers All signs and flyers must be approved by RIS STAFF and will be posted by RIS STAFF only. Unauthorized flyers will be removed.

Tape Tape is not allowed on the gym floor or any walls within the facility.

Theft RIS is not responsible for misplaced, damaged, or stolen items. Secure all valuables by locking them in a locker.

Tobacco Products, Alcohol and Illegal Substances The University is a smoke-free campus. Tobacco, electronic cigarettes, alcohol, and all illegal substances are strictly prohibited in the Recreation and Fitness Center. Suspected patrons will be asked to leave the facility immediately.

Memberships may be revoked.

Vandalism Any patron vandalizing the Recreation and Fitness Center in any manner (kicking, hitting, writing, etc.) will be requested to leave immediately. Suspected patrons will be held financially responsible for any damage.

Weapons and Firearms No weapons or firearms of any kind are allowed in the facility. Patrons possessing any weapons will be denied access and University Police will be contacted immediately. Weapons are NOT allowed on any state premises.

Weight Room and Fitness Equipment

All facility guidelines apply to the weight room as well as those listed below.

Age You must be 16 years of age or older to work out in the weight room or use cardiovascular equipment.

Appropriate Attire Dresses and skirts may NOT be worn while working out. Athletic apparel including T-shirt, shorts or pants, and closed toe and heel tennis shoes must be worn while working out in the weight room, multipurpose rooms, cardiovascular area, and gymnasium. Jeans/jean shorts or cut offs with metal clasps and belts are not allowed on any of the selectorized equipment or free weight/plate loaded benches. They are allowed on cardiovascular equipment, in the gymnasium and in the track area. No boots, aqua shoes, crock-type shoes, socks, sandals, or bare feet are allowed for any reason.

Audio/Visual Equipment Only RIS employees may operate audio/visual equipment for pre-set channels. ONLY Personal headsets are allowed. Please keep the volume of your personal headset reasonable so as not to disturb other members. NO external speaker of any kind is allowed.

Benches Exercises may not be performed while standing on the benches.

Beverages Bottled water is the only beverage allowed in the weight room.

Cardiovascular Equipment A thirty (30)-minute time limit (including five-minute warm-up/cool down) applies to all cardiovascular equipment while others are waiting. Please return cardiovascular equipment to original setting after completing your workout.

Cell Phones For safety reasons, cell phone usage is strictly PROHIBITED while using equipment. Cell phone usage is prohibited in all locker rooms, public restrooms, and assisted changing areas. Please DO NOT take pictures of other members without their consent.

Chalk Chalk is not allowed in the Recreation and Fitness Center weight room.

Collars and Clips Safety collars and clips are MANDATORY on all free weight bars at all times.

Equipment Etiquette Please allow others to “work in” a set if you are performing more than one set on an exercise machine. Vacate machines between sets and wipe down exercise equipment after each use. Return free weight bars, plates, free weights, and all other equipment to proper locations after use. Gym wipes are provided for cleaning off machines; please dispose in provided trash receptacles. A towel is recommended.

Gum Gum is not allowed in the weight room.

Free Weights and Dumbbells Weights and dumbbells are not to be removed from their designated areas. Please help to prolong the life of our equipment by not dropping weights and dumbbells.

Mirrors and Glass Windows Please do not touch the mirrors or glass windows. Leaning on mirrors and any glass to stretch is strictly prohibited.

Personal Items Personal items including backpacks, purses, and sports equipment are not allowed in the weight room or cardiovascular area. Cell phone usage strictly PROHIBITED while on equipment.

Personal Trainers See “Personal Trainers” on page 7.

Spotters All free-weight users must have at least one spotter. RIS Staff members are not required to spot. Squats done outside the rack require two spotters.

Weight Accessories Bars, handles, and other accessories are to be used only for intended purpose. Please do not overload any bar with weights. (Bar capacity: 7ft/1500lb; 6ft/500lb; 5ft/500lb)

Weight Belts Weight belts are permitted, but due to the potential of tearing and scratching equipment, belts may not be worn while leaning against or lying on exercise machines or benches.

Weight Handling Please maintain control of weights at all times; they may not be dropped or thrown. Please return weights to the appropriate storage racks after each use. Do not lean weights against the walls or mirrors. Weights may not be left on the floor or stacked against the walls or the equipment after use. Keep hands and feet clear of moving parts while machine is in use (selectorized equipment).

Racquetball

All facility guidelines apply to the racquetball court as well as those listed below.

Beverages Bottled water (no glass containers) is the only beverage allowed in the racquetball court.

Eye Guards/Shields Eye guards/shields are strongly recommended while playing racquetball and handball.

Shoes Only non-marking tennis shoes are allowed.

Natatorium

All facility guidelines apply to the pool as well as those listed below.

- **NO LIFEGUARD ON DUTY. MEMBERS/GUEST SWIM AT THEIR OWN RISK. CHILDREN MUST NEVER BE LEFT UNATTENDED.**

Always shower before entering the pool.

Appropriate Attire Appropriate swimming attire is required at all times. Inappropriate swim attire includes: cut-off shorts (cotton/blue jeans), g-string, thong, and all see-through bathing suits. Shirts cannot be worn over bathing suit at anytime while in swimming pool. Shoes and shirts must be worn through the facility to the locker room. Aqua shoes are allowed. Swimwear can be worn in the Natatorium and outdoor deck areas only.

Behavior Running, pushing, horseplay, dunking, riding on shoulders/back and other activities that endanger swimmers are not allowed. Lewd or abusive behavior and language will not be tolerated.

Children See Section "Children Guidelines" on page 9.

Diving Diving is not allowed at any time.

Equipment Fins and paddles are not available for checkout and must be supplied by the member/guest.

Floats Inflatable buoys, rings and toys are not allowed in the pool. Arm and/or waist floaties for children are allowed. A person wearing a life jacket must be accompanied in the water at all times by an adult.

Fluid/Wounds Please do not spit, spout water, blow nose, and urinate etc. in the pool. Those with open wounds, skin rashes or infections are not allowed in the pool.

Lane Lines/Ropes Please do not hang on lane ropes. When crossing lanes, please swim under the ropes. Please be courteous at all times, as lap swimmers may need to share a lane.

Oils Individuals may use LOTION only in the outdoor deck area. Oils are not allowed in the pool or outdoor deck areas. These items contain harsh chemicals that damage equipment. Individuals wearing oil will be asked to shower off or leave the area. Oil containers found on the deck will be confiscated.

Gymnasium

All facility guidelines apply to the gymnasium as well as those listed below.

Appropriate Attire Gym shorts or sportswear only. Closed toe and heel, non-marking tennis shoes are required. Shirts must be worn at ALL TIMES.

Behavior Good sportsmanship and positive attitudes are preferred. Foul language (profanity) and obscene behavior are prohibited. Please cooperate at all times. Please DO NOT bring chairs from the lobby into the gymnasium.

Dunking Dunking, touching and hanging from the rim is STRICTLY PROHIBITED.

Violation of any of the above will result in immediate suspension from the Recreation and Fitness Center.

Guideline Checklist

For your safety and enjoyment, we appreciate your cooperation in the following areas:

Cardiovascular/Selectorized Area

- ✓ No one under the age of 16 admitted
- ✓ Towel recommended
- ✓ Do not use cell phone while exercising
- ✓ On selectorized equipment, allow others to work in a set
- ✓ Wipe perspiration off equipment
- ✓ Do not slam weights
- ✓ Return all machines to start position
- ✓ 30-minute limit (including warm-up and cool-down) if others are waiting
- ✓ Keep noise level to a minimum
- ✓ Headphones required for TV listening
- ✓ Do not change TV channels
- ✓ Do not chew gum
- ✓ Dispose of gym wipes properly
- ✓ Gym/book bags are not permitted. No food or beverage allowed (except water)

Day Lockers

- ✓ Children under the age of 16 admitted only with adult supervision (children 5 and under must use the assisted change room with an adult)
- ✓ Lock valuables in locker
- ✓ Keep area clean at all times
- ✓ Obtain locker key from Equipment Checkout
- ✓ Do not leave wet or damp items in locker
- ✓ Locker must be emptied daily and key returned to equipment checkout
- ✓ Return facility towel to equipment checkout
- ✓ Do not chew gum
- ✓ Food and beverage permitted only in outdoor deck area
- ✓ Day locker keys are not to leave the building
- ✓ No food or beverage allowed (except water)

Equipment Checkout

- ✓ Must be at least 16 years of age to check out equipment
- ✓ Equipment checkout requires a current Student, Faculty/Staff or Fitness Center I.D. card
- ✓ All equipment must be returned (daily)
- ✓ Day locker key must not be taken outside of building (\$5.00 charge per day)
- ✓ \$25.00 charge for each lost locker key and/or reserved entrance door key

Free Weight Area

- ✓ No one under the age of 16 admitted
- ✓ Towel recommended
- ✓ Do not use cell phone while exercising
- ✓ Do not slam weights
- ✓ Safety clips required
- ✓ Re-rack weights and dumbbells
- ✓ Allow others to work in a set while on equipment
- ✓ Wipe perspiration off equipment
- ✓ Return all machines to start position
- ✓ Spotter recommended
- ✓ Lift within your limits
- ✓ Keep noise level to a minimum
- ✓ No food or beverage allowed (except water)
- ✓ Do not change TV channel
- ✓ Do not chew gum
- ✓ Gym/book bags are not permitted

Gymnasium

- ✓ No one under the age of 16 admitted

- ✓ Do not dunk, hang on, or touch the rim
- ✓ Do not use foul language
- ✓ Wear closed toe, non-marking shoes
- ✓ A shirt must be worn at all times
- ✓ Do not chew gum
- ✓ Enjoy the competition and have fun
- ✓ No food or beverage allowed (except water)
- ✓ Equipment available at Equipment Checkout

Multi-Purpose Rooms

- ✓ No one under the age of 16 admitted
- ✓ Do not use stereo equipment
- ✓ Lock valuables in locker
- ✓ Towel recommended
- ✓ Do not use cell phone while exercising
- ✓ Plastic bottles (water only) permitted
- ✓ Appropriate attire required
- ✓ Closed toe, non-marking tennis shoes only
- ✓ Do not chew gum

Outdoor Deck

- ✓ Children under the age of 16 admitted only with adult supervision
- ✓ Keep area clean at all times
- ✓ Only food and beverages purchased on campus are permitted
- ✓ Keep noise level to a minimum
- ✓ Dispose of trash in receptacles
- ✓ No smoking

Pool

- ✓ Children under the age of 16 admitted only with adult supervision
- ✓ NO DIVING (Pool depth 4 ft. to 4 ft. 6 inches)
- ✓ Shower before entering pool
- ✓ Appropriate swim attire required for all ages
- ✓ Diapered children must wear special leak proof protection while in pool
- ✓ Individuals with open wounds cannot enter the pool
- ✓ Share lap lanes
- ✓ Do not chew gum; Food and beverage permitted only in outdoor deck area
- ✓ No tennis or street shoes allowed on deck

PLEASE DO NOT:

- ✓ Dive, Run, Jump, or Flip into the pool
- ✓ Sit on lane ropes
- ✓ Engage in Horseplay
- ✓ Proceed into pool area if you do not have on appropriate swimwear and have not showered.

Racquetball Court

- ✓ No one under the age of 12 admitted
- ✓ Ages 12-15 admitted with adult supervision only
- ✓ Advance reservations recommended
- ✓ Lock valuables in locker
- ✓ Eye shields strongly recommended
- ✓ Wear closed toe and heel, non-marking athletic shoes
- ✓ Adhere to time limits
- ✓ Plastic bottles (water only) permitted
- ✓ Gym/book bags are not permitted
- ✓ Do not chew gum
- ✓ No food or beverage allowed (except water)

Reserved Lockers

- ✓ Children under the age of 16 admitted only with adult supervision (children 5 and under must use the assisted change room with an adult)
- ✓ Lock valuables in locker
- ✓ Keep area clean at all times
- ✓ Do not leave wet or damp items in locker
- ✓ Return facility towel to equipment checkout
- ✓ Do not chew gum
- ✓ No food or beverage allowed (except water)

Sauna

- ✓ Do not hang any article of clothing over the heater.
- ✓ No one under 12 years of age admitted
- ✓ Ages 12-15 admitted with adult supervision only
- ✓ Pregnant women should avoid exposure to high heat
- ✓ Shower before entering
- ✓ After exercising, allow 5 minutes to cool down before entering
- ✓ Limit yourself to a maximum of 10 minutes
- ✓ Do not chew gum
- ✓ Gym/book bags are not permitted
- ✓ No nudity
- ✓ Do not add water to rocks

Due to high temperatures, the sauna can be hazardous to your health. Consult your Physician before using, if you have or have had the following conditions: high blood pressure, heart disease, respiratory problems and any other medical condition.

Racquetball Court Seating Area

- ✓ Children under the age of 16 admitted only with adult supervision
- ✓ Keep the area clean at all times
- ✓ Only food and beverage purchased on campus is permitted
- ✓ No loitering
- ✓ Keep noise level to a minimum
- ✓ Dispose of trash in receptacles

Track

- ✓ No one under the age of 12 admitted
- ✓ Ages 12-15 admitted with adult supervision only
- ✓ Walkers, joggers, and runners permitted
- ✓ Baby strollers are not permitted on track
- ✓ Appropriate sport shoes must be worn
- ✓ Do not use cell phone while on track
- ✓ Do not chew gum
- ✓ Gym/book bags are not permitted
- ✓ Track length = 1/10 mile One mile = 10 laps
- ✓ Walkers outside lane; runners inside lane
- ✓ No glass containers
- ✓ No spectating from track
- ✓ No food or beverage allowed (except water)