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Campus Fitness and Recreation Area Guidelines and Policies

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Campus Fitness and Recreation
Area Guidelines and Policies

Policy Timeline

Initial Effective Date: May 1, 2024

Frequency of Review:

Semiannually (twice per year)

Annually

Biennially (every two years)

Other: _____

Date(s) Revised:

Policy Overview

UHSP provides fitness center facilities, programming, as well as other recreation resources with the intent to promote physical and social wellbeing of members of the campus community. Use of these resources requires members to follow guidelines of use. The following policies have been established to provide members with a safe and enjoyable environment for exercising and participating in fitness and recreational activities. It is the responsibility of users to follow appropriate safety and etiquette practices.

Applies to: (examples—Faculty, Staff, Students, etc.)

Students, Faculty, Staff, and all Authorized Users and Guests of the Fitness Center, Recreation Gym, and Gaming Area

Table of Contents: (optional; suggested for policies > 8-10 pages)

Definitions: (optional; suggested for terms that have specialized meaning in the policy)

<u>Term</u>	<u>Definition</u>
Fitness Center	A general term that applies to one of the fitness centers, either the large fitness center on the 3 rd floor of RAS or fitness center on the 1 st floor of the SRH. Sometimes the term fitness center can apply to 3 rd floor RAS fitness center inclusive of large group fitness room, small group training room, and indoor track.
Gaming Area	The term for the gaming area with table games (such as pool, ping pong) located on the 3 rd floor of the RAS
Guests	Guests are short-term, temporary users attached to a member
Indoor Track	Indoor track on the 3 rd floor of the RAS.
Large Group Fitness Room	Area where larger group fitness classes take place (i.e. Zumba, strength-training). RAS 3 rd floor.
Member	A member is a faculty, staff, student, or other individual who has completed and acknowledged the policies and waiver and is authorized to use the facilities
Recreation Gym	The recreation gym located on the 2 nd floor of the RAS
Small Group Training/Personal Training Room	Area where small group training (i.e. MX4) and personal training take place. RAS 3 rd floor.

Policy Details

The following policies have been established to provide eligible users with a safe and enjoyable environment for exercising and participating in fitness and recreational activities. It is the responsibility of users to follow appropriate safety and etiquette practices. Fitness Center staff and UHSP Operations have the final authority on all activities within the fitness center, Recreation Gym, and gaming areas.

All UHSP students, faculty and staff are eligible for membership to fitness and recreation spaces:

- 3rd floor Recreation and Student Center (RAS) fitness center, larger group and small group training rooms, indoor track.
- 1st floor South Residence Hall (SRH) fitness center
- The Recreation Gym located on the 2nd floor of RAS
- The gaming area is located on the 3rd floor of RAS.

Membership

To become a member, all users must first read, acknowledge one has read the policies and procedures information sheet provided, and sign the electronic waiver online at: <https://secure.uhsp.edu/eutrec/>

- Once the acknowledgement of policies and procedures and waiver have been signed, patrons will have access to the fitness and recreations area via their UHSP ID.
- **It is strongly recommended that individuals receive a thorough physical examination and obtain a physician's release before participating in any fitness or recreation program.**

Guests

Members may request a single day Guest Pass from the Fitness Center staff. Guests must complete a waiver. All guests must be escorted by their member host when in all fitness and recreation areas. The individual hosting their guest is responsible for their behavior. If, at any time, the behavior of the guest is in violation of the rules of the Fitness Center or the Student Code, the guest may be removed from the Fitness Center and their host may lose future guest privileges. Hosts will also be held responsible for the behavior of their guests, which may consist of disciplinary action, including charges for any damages done by their guest(s). Members are limited to two (2) guest passes per semester.

Access

- Only members are eligible to use identified fitness and recreation spaces. Access to fitness centers and the recreation gym requires a UHSP ID card swipe at the access point. Access to the fitness and recreation areas will be denied without an approved ID.
- Non-members are prohibited from using any fitness and recreation facilities.
- Non UHSP potential users between the ages of 16 – 17 years old must have a waiver signed by a parent or legal guardian.
- No one under the age of 16 years can use related fitness areas.

Hours

- Facility hours will be posted.
- Generally, the SRH fitness center is open 24hrs. Hours may be changed or reduced during breaks, final exams, between academic semesters, and during the summer.
- The Fitness Center, Recreation Gym, indoor track and gaming areas may temporarily close with or without notice, for maintenance purposes or University sponsored events.
- We reserve the right to close due to inclement weather and University and Federal holidays and will be held harmless should the facility be unavailable for use at these times or due to damage by fire, acts of God, catastrophe, accident, or other reasons beyond the controls of UHSP.

Violations of policy

- Violation of established policies and procedures, as well as any activity that is deemed unsafe, disruptive, and/or hazardous as assessed by the fitness center staff is not permitted.

- Individuals will generally be given “three strikes” before they are out. In addition to being barred from use of covered facilities for the day, violators may be referred to outside conduct offices depending on the nature of the violation.

Procedures

1. Access to the Fitness Centers, Recreation Gym, Indoor Track, and Gaming Area
 - a. Members must swipe in before using all of the fitness and recreation facilities. Access to the fitness and recreation centers will be denied without an approved ID.
 - b. Non-members are prohibited from using any fitness and recreation facilities.
 - c. Non UHSP potential users between the ages of 16 – 17 years old must have a waiver signed by a parent or legal guardian.
 - d. No one under the age of 16 years can use related fitness areas.
2. All personal belongings should be stored in a locker or cubby.
 - a. Locker rooms with lockers are available for daily use. Members may bring their own locks.
 - b. Lockers are also available for rental purposes. Half lockers are for rental. Box (small) lockers are available for daily use.
 - c. Cubbies are available for small, personal items and water bottles throughout the facility.
 - d. Users are encouraged not to bring valuables to the Fitness Center or Recreation Gym.
 - e. UHSP or Fitness Center staff are not responsible for lost, damaged, or stolen items.
 - f. All personal locks left overnight are subject to being cut and contents cleaned out and placed in the Lost and Found at the end of the day.
3. Appropriate attire is required for the safety of users.
 - a. Appropriate athletic attire, including shirts and athletic shoes are required in all fitness and recreation spaces. No jeans, cut-offs or belts. Clothing must principally cover the body where it may come into contact with equipment to minimize risk of infection.
 - b. Non-marking athletic shoes must be worn while in the fitness and recreation spaces. (i.e. no sandals, cleats, boots, dress shoes, etc.)
4. All users are responsible for keeping the facilities clean and safe.
 - a. Gym wipes are provided, and patrons are expected to wipe down all fitness equipment after use.
 - b. Modifying fitness equipment and the use of broken equipment is dangerous and prohibited in fitness and recreation spaces. *Please report any broken or damaged equipment to the fitness center staff immediately.*
 - c. Members are responsible for using the fitness equipment as it was intended to be used.
 - d. Moving equipment from one location to another is prohibited.
5. No open beverage containers, food, gum or tobacco products, *other than water, enclosed sports drinks and/or protein drinks*, are not permitted in the fitness center and recreation gym and fitness center. Only covered plastic beverage holders and spill proof

containers are allowed.

6. Skateboards, roller-skates/blades, scooters, etc. are not permitted in any fitness and recreation spaces.
7. No animals (other than service animals) are permitted in the fitness and recreation spaces.
8. Please be aware of your behavior and respect other users and fitness center staff when using any of the facilities.
 - a. Users who fail to respect others and/or equipment will be asked to leave the facilities. Any damage will be the responsibility of the destructive user(s).
 - b. Profanity, suggestive language, and aggressive behavior will not be tolerated.
 - c. Spitting, abusive behavior or defacing the facility will not be tolerated.
 - d. Good sportsmanship is expected: No taunting, no fighting, no bullying. It is expected that disagreements will be resolved amicably with behaviors in alignment with University Values.
 - e. Fitness center staff may prohibit other activities deemed unsafe, hazardous, disruptive (including loud noises or sounds).
 - f. Photographs are not permitted within any fitness and recreation space unless previously approved by the UHSP. Phones may only be used for listening to music. Please do not talk on your cell phone while on the fitness floor. Headphones must be worn for personal music devices.
 - g. Any form of harassment is prohibited and includes physical or verbal abuse, use of profanity, hate speech, or other abusive language, intimidation, or other inappropriate noises and sounds.
9. A Lost and Found will be managed for items. If known, attempts to contact the owner will be made. All Lost and Found items will be donated to charity or discarded within 30 days.
10. Any form of personal training or instruction is to be conducted only by UHSP employees who are certified personal trainers and/or approved UHSP fitness center staff only. **No outside contracting or non-approved private instruction is allowed.**
11. Any form of harassment is prohibited and includes physical or verbal abuse, use of profanity, hate speech, or other abusive language, intimidation, or other inappropriate noises and sounds.
12. Free Weight specifics
 - a. Do NOT drop weights from any height. All weights must be controlled throughout the entire exercise and users must refrain from slamming weights or weight stacks.
 - b. Collars are mandatory and spotters are strongly encouraged when using free weights. Use bumper plates and platforms for all lifts that could begin or end on the floor.
 - c. Olympic lifts performed over the head are prohibited. These include but are not limited to the snatch and the clean and jerk.
 - d. Equipment, weights, or bars are not to be propped against walls, ledges, pillars, machines or mirrors.
 - e. Powder chalk and tape are prohibited.

- f. Allow others to work in on fitness equipment when appropriate. Return all weights, dumbbells, equipment, and accessories to the appropriate locations when finished. Do not set weights on padded benches or seats between sets.
 - g. Observe caution at all times.
13. Gaming area small equipment checkout specifics
- a. Equipment is available for checkout with a UHSP ID (i.e. pool cues, ping pong paddles, and balls, etc.) at the RAS Fitness Center desk.
 - b. Moving equipment from one location to another is prohibited.
 - c. Users should always inspect equipment for loose, frayed, damaged or worn parts before use.
 - d. Modifying fitness equipment and the use of broken equipment is dangerous and prohibited in fitness and recreation spaces. *Please report any broken or damaged equipment to the fitness center staff.*
 - e. Members may be charged, at the discretion of Fitness Center management, for breakage or damage due to inappropriate or neglectful use.
14. Recreation Gym specifics
- a. Equipment is available for checkout with a UHSP ID (i.e. basketballs/volleyballs/soccer balls, etc.) at the RAS Fitness Center desk.
 - b. No black soled shoes which will leave marks on the gym are allowed.
 - c. Please return equipment to the appropriate storage spaces.
 - d. Throwing balls against the walls, bleachers, and lights is not permitted.
 - e. Sitting or standing on top of the closed bleachers is not permitted.
 - f. Dunking, slapping the backboards, and hanging on the rim or nets is strictly prohibited due to the risk of injury and potential damage to the equipment. Violations will result in immediate ejection from the facility.
 - g. Members may be charged, at the discretion of Fitness Center management, for breakage or damage due to inappropriate or neglectful use.
 - h. Incidents and injuries should be reported to the Fitness Center Staff immediately.
 - i. Only authorized UHSP staff may adjust (raise/lower) basketball standards and curtains in the Recreation Gym
15. Failure to follow these and all policies, procedures and guidelines may result in the loss of facility privileges and/or referral to the appropriate office for conduct.
- a. Any violation, as well as any activity that is deemed unsafe, disruptive, and/or hazardous as assessed by the fitness center staff is not permitted.
 - b. Individuals will be given up to “three strikes”. The first warning is a first verbal warning. Further violations will result in a subsequent warning from Fitness Center or Operations management. Upon the third offense, the individual will be asked to leave for the remainder of the day.
 - c. Fitness Center or Operations management reserves the right to suspend access immediately, and/or skip strikes, based on their assessment of the violation or behavior. For example, a deliberate, willful, dangerous act from a person who has received warnings in the past may result in an immediate three strikes and referral to the appropriate conduct office.

Responsibilities

Position/Office/Department	Responsibility
Members	<ul style="list-style-type: none"> Follow policies and guidelines for facility use. Report damaged/broken equipment immediately. Always swipe ID for access. Follow behavioral guidelines and good sportsmanship consistent with University Values Clean equipment after use.
Fitness Center staff	<ul style="list-style-type: none"> Manage hours for facilities Interpret and enforce policies including refer to conduct offices as necessary

Resources (required for any resource referred to in the policy)

[Minors on Campus, Children in the Workplace, and Child Protection Policy](#)

Student Conduct

Faculty Handbook


Staff Handbook

Policy Contacts

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POLICY APPROVALS

POC: Approved as to Form Not Approved

POC Chair Signature:  Daniel Bauer (Jun 4, 2024 14:38 CDT)

Date: 4/22/2024

Policy Sponsor: Approved Not Approved

Signature: 

Date: Jun 4, 2024

President:

Approved

Not Approved

Signature: Brian Seiz
Brian Seiz (Jun 6, 2024 10:02 CDT)

Date: Jun 6, 2024

Board of Trustees:

Approved

Not Approved

Not Applicable

Chair Signature:

Date: