

Campus Recreation

Facility Use Program Participation

Policy Handbook

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I. CAMPUS RECREATION

CAMPUS RECREATION DEPARTMENT VISION STATEMENT
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**Promote the pursuit of a balanced, healthy lifestyle
that incorporates sport, fitness, and leisure activities.**

CAMPUS RECREATION DEPARTMENT MISSION STATEMENT

**To provide quality programs, facilities, and services that promote a sense of community,
support student development through leadership and employment opportunities, and
encourage the pursuit of a healthy lifestyle to a diverse University population.**

CAMPUS RECREATION LOCATION / PHONE NUMBERS / ADDRESSES

Mailing Address:

**Colorado State University
Campus Recreation
8027 Campus Delivery
Fort Collins, CO 80523-8027**

General Inquiries	(970) 491-6359
Racquetball Reservations	(970) 491-1510
Fitness	(970) 491-6359
Non-Credit Instruction Classes	(970) 491-6359
Challenge Ropes Course	(970) 491-0969
Outdoor Adventure	(970) 491-0964
Sport Clubs	(970) 491-3793
Intramural Sports	(970) 491-6671
Physical Therapy	(970) 491-1735

GENERAL GUIDELINES

Guidelines apply to department programs and service locations:

- Student Recreation Center
- South College Complex
- Moby Complex
- Outdoor Fields and activity areas
- Other campus program venues
- Off-campus program venues

BEHAVIOR & PARTICIPATION

- Campus Recreation policies are designed for the protection of members, employees, and facilities.
- Campus Recreation patrons are of all ages; including children. Appropriate language is expected. All patrons should be mindful and respectful of others around them.
- Patrons may not interfere with employee duties, use obscene language, or engage in verbal / or physical abuse of employees or other patrons.
- Patrons must observe all posted signs and verbal directions provided by Campus Recreation staff.
- Use of drug, alcohol, and tobacco products are not permitted at Campus Recreation facilities or program venues listed above. Attendees or participants identified as impaired will be removed from Campus Recreation facilities and program activities.
- Attempts to use another member's ID or provide a member ID for another's use violates University and State regulations. Consequences of ID violations may result in confiscation of the ID and suspension from Campus Recreation facilities and / or program participation.
- Use of Campus Recreation facilities for personal gain violates University policy relating to facilities, services, and solicitations, and is prohibited at all program venues.
- No pets, bikes, cleats, skateboards, or rollerblades are permitted in recreation facilities.
- Non-members, 17 years and younger must be accompanied / supervised by responsible adult in all areas of facility.
- For sanitation and safety reasons, and to protect the facility and equipment, patrons are required to wear clothing appropriate to activity area. Consult General Activity Area Guidelines on page 9.
- Baby strollers / carriers are not allowed in activity areas or Non-credit instruction / fitness classes.
- Campus Recreation staff reserve the right to ask patron to leave and deny facility / program access for rule violation. Violation(s) require individual(s) to meet with Campus Recreation staff prior to further facility access / program participation. Staff may also refer patron to the Conflict Resolution and Student Conduct Services office for further investigation and discipline.
- Situations or circumstances not covered in Policy Handbook will be addressed and resolved by Campus Recreation staff.

ASSUMPTION OF RISK

- Participate at your own risk. Colorado State University and Campus Recreation are not responsible for financial costs related to health services resulting from ill health or injury incurred during use of Campus Recreation facilities or participation in program activities. It is recommended that members secure accident coverage prior to exercising or program participation.

- Participants in high risk activity classes are required to sign waivers. Minors must have parental and departmental consent to participate. All non-member minors in activity classes must have parent or guardian sign waiver prior to participation.

PHOTOGRAPHY

Prior permission from Campus Recreation staff must be obtained to photograph any Campus Recreation activities / programs / participants.

IDENTIFICATION

Verification of eligibility to use Campus Recreation facilities and / or to participate in Campus Recreation programs is required.

Student Recreation Center

- Campus Recreation Membership is required to use the Student Recreation Center.
- A valid CSU ID or Campus Recreation Membership ID is required at the ID check station to enter the Recreation Center.

Alternate computer identification verification: Service Desk staff will verify picture identification information for entry to the Recreation Center up to three times per semester. After three computer verifications, a member must produce his / her ID, purchase a replacement CSU ID, or purchase a Daily Guest Pass to enter the Recreation Center.

- A hand stamp (available at activity area entrance) is required for re-entry to the Recreation Center for outside runners / exercisers / sport participants.
- Daily Guest Pass receipts / hand stamp are valid for entry / re-entry throughout the date of purchase.

Intramural and Sports Clubs

- All participants must be Campus Recreation members.
- Participants may be required to present valid CSU ID or Campus Recreation Membership ID to establish eligibility prior to participation.

FOOD & DRINK

- Food is not permitted in the Student Recreation Center, Moby, and / or South College activity areas.
- Beverages in non-glass, spill proof containers are permitted in the Recreation Center, Moby and South College activity areas. Campus Recreation staff determine if containers meet acceptable standards.

EQUIPMENT CHECK-OUT / IN

- Day use equipment is available for checkout with valid CSU ID or Campus Recreation Membership ID. Day use equipment must be returned by facility closing on the same day to avoid replacement charge.
- Some equipment is available for multiple day use - a deposit may be required. Multiple day use equipment is reserved in advance and returned on specified due date to avoid late return or replacement charges.

- Lost, missing, or damaged Campus Recreation equipment or property may result in replacement charges or suspension of Student Recreation Center facility use and / or program participation dependent upon circumstances. Campus Recreation staff will address and resolve the situation.

LOST, DAMAGED, OR STOLEN ITEMS

- Campus Recreation is not responsible for patrons lost, damaged, or stolen personal articles. Individuals must report stolen items to CSUPD.
- Information regarding members' lost / found items is not provided via phone. Inquiries must be made in-person at the Recreation Center, Moby, or South College complexes.
- Contact Health and Exercise Science department for items lost at Moby and South College complexes.
- Personal toiletry items such as cleansing products, hair care products, razors, wash cloths, etc., are disposed of immediately due to sanitary health reasons.
- CSU ID's are returned to the University ID Office, located in the Lory Student Center, on a daily basis.
- Residence Hall keys are returned to the Housing Office, located in the Palmer Center, and University keys are returned to University Key Desk, located at Facilities Services North building on a weekly basis.
- Items of value, such as electronic devices, wallets, keys, credit cards, jewelry, etc., are secured at the Service Desk in the Recreation Center. Unclaimed wallets and credit cards are turned over to CSUPD on a weekly basis.
- Items such as texts, clothing, footwear, sport gear, water bottles, etc., are secured at the ID / Entry Desk in the main lobby of the Recreation Center.
- Unclaimed items are disposed of according to approved University procedures following finals week each semester.

BULLETIN BOARDS & LOBBY MEDIA CENTER

Priority for posting materials in designated spaces in the Recreation Center:

(1) Campus Recreation department related items; (2) CSU Wellness Programs; (3) CSU related items; meeting the following guidelines:

- Materials submitted for posting must be in line with the Campus Recreation Mission Statement. Materials may be submitted to the Campus Recreation Service Desk for review and approval. Approved materials are date-stamped and posted for up to two weeks.
- Obscene materials or those promoting illegal use of drugs / alcohol will not be approved for posting.

FACILITY RESERVATIONS

Recreation Center

- Requests must be submitted to the Campus Recreation Facility Scheduling Office at least 10 business days prior to event. Requests made less than ten business days prior to the event are accommodated when possible.

- Written confirmation is provided after a request has been approved. If confirmation is not received within five business days, contact Campus Recreation at (970) 491-2744.
- Changes to approved requests are to be submitted to the Campus Recreation Facility Scheduling Office at least five business days in advance. Requests made less than five business days prior to the event will be accommodated when possible.
- Notice of cancellation must be received 10 business days prior to event. Employee costs, if applicable, will be assessed.
- The Campus Recreation Facility Scheduling Office reserves the right to move a group to another space.
- The fee for supervision is \$18 per hour per employee in addition to 15 minutes before and after scheduled event.
- Concessions are not permitted to be sold or served.

Early Access & Extended Hours

- Requests requiring access to the building beyond standard hours of operation require notice of at least 10 business days prior to event.
- The fee for supervision between the hours of 11:30 p.m. – 6:00 a.m. and Holidays is \$36 per hour per employee.
- An overtime fee of \$36 per hour per employee may be charged for facility use beyond scheduled event.

Cancellations / Changes

If the event is cancelled / changed, charges are assessed as follows:

- Eleven business days or more prior to event: No charge
- Three days to ten business days prior to event: 100% employee costs
- Less than three business days prior to event: 100% of full (rental and employee) charges.

Meeting Room Scheduling

Meeting rooms eligible for scheduling: Horsetooth Lounge, Longs Peak east, Longs Peak west, Longs Peak east & west.

- All meeting rooms require scheduling through the Campus Recreation Facility Scheduling Office.
- The lounge may be reserved for single events at the discretion of the Campus Recreation Facility Scheduling Office.
- Recognized student organizations requesting single event reservations will be approved at the discretion of the Campus Recreation Facility Scheduling Office.
- Unrecognized student organizations will be granted one meeting free of charge per semester.

Moby, South College and Fields

The University Scheduling Office (USO) is responsible for scheduling events at Moby Complex, South College Complex and the fields. USO schedules events for the CSU community as well as non-CSU community; therefore, these groups are not expected to be students and do not need a CSU ID to practice or play.

II. STUDENT RECREATION CENTER

Service Desk

Memberships / Eligibility / Family Recreation

Membership is required to use the Recreation Center. Membership privileges include use of all Recreation Center activity areas, towel service, daily locker use, and group fitness classes.

- Full fee paying students have automatic membership included in their student fees.
- Non-full fee paying CSU students, CSU employees and the spouse / partner of these affiliates are eligible to purchase a Student Recreation Center membership.
- Individuals must present one of the following forms of identification when purchasing a Student Recreation Center membership or Guest Pass: official / valid CSU employee or student photo ID, valid State Driver's License, valid State ID card, current Passport, or USA Military ID.
- Memberships are inclusive of University breaks, holidays, and facility closures.

Spouse / Partner Memberships

- Student / employee must accompany their spouse / partner for first time purchase of spouse / partner membership.
- Spouse / partner membership expiration is concurrent with student / employee separation from CSU.
- It is the student / employee responsibility to inform Campus Recreation if relationship with spouse / partner has terminated.
- Membership is required for spouse / partner to use the Rec Center without student / employee accompaniment during non-family hour times.

Daily Guests Pass

Recreation Center members may sponsor a guest(s) for a fee (activity area age restrictions apply).

- All guests must be sponsored by a Campus Recreation member, CSU student, or CSU employee to be eligible for daily guest pass.
- A valid photo ID must be presented by the Campus Recreation member and their guest.
- Guest pass privileges include use of Recreation Center activity areas, daily locker use, and participation in group fitness classes.
- Guest pass holders may purchase additional services (massage therapy, personal training).
- Guest pass is valid for full day of purchase.
- Guests are required to sign in at Service Desk prior to entrance to the activity areas.
- CSU students / employees may sponsor themselves for a daily guest pass with a valid photo ID.
- Sponsors are responsible for guests' behavior and equipment check-out / return.
- Sponsors are responsible for remuneration for guests' entrance fee and lost / broken / damaged equipment.

Family Recreation / Family Hours

- Youth are allowed into activity areas only during designated family hours.
- An adult Campus Recreation member (18 years or older) may sponsor their spouse / partner and / or up to four dependents (17 years and under) into the Recreation Center during family hours free of charge.
 - Dependents are defined as children who have not yet graduated from high school.
 - Adult sponsor must remain in facility during family hours with non-fee paying family members.
 - Adult sponsor must be accessible in the facility to supervise and advise on medical treatment for minor guests.
- Spouse / partner and / or dependents are required to sign in at Service Desk prior to entering activity area.
- Age restrictions related to area participation and supervision apply – see Activity Area Requirements chart on page #9.
- Youth 6 years or older must use gender appropriate locker room.
- Alternate changing areas are available for families and adults with children of opposite gender.

Payment Methods

Campus Recreation accepts payment in form of Cash, Visa & Mastercard, and check with proper ID (Drivers Licenses or State ID Card). Membership payment for eligible CSU employees may also be made with IMO's or Payroll Deduction.

Sport Club team dues or other team charges are made to the individual Sport Club Team.

Refunds

Refund requests may be made at the Student Recreation Center Service Desk.

- All refunds are assessed a processing fee. Prorated fees may apply.
- If payment was made by credit card, the refund is returned to the credit card. For purchases made by cash or check, established University procedures are followed, which may take up to four weeks for the refund to be processed. Cash refunds are not permitted by University accounting policy.
- Refund requests for activity classes are accepted before the start of the second class session. Late registration fees will not be refunded.
- Activity classes that do not meet minimum enrollment will be cancelled at least one business day before the class starts. A full refund will be provided.
- Requests for Membership refunds will be considered for separation from the University or documented medical reasons.
- Refund requests related to Sport Clubs are determined by the individual Sport Club.
- Refund request related to Intramural Sports are determined by the IM staff.
- Refund requests related to Outdoor Adventure Program are determined by OAP staff.

Activity Areas

General Activity Area Guidelines

- For safety and / or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery or flooring are not permitted.
- Closed toe, closed heel, non-marking *athletic* shoes required.
- Backpacks must be stored in cubbies or day lockers located in activity areas or locker room.
- Audio equipment in activity areas is operated by Campus Recreation staff only.
- Activity spaces are available for drop-in use when not reserved for scheduled program class or other scheduled activities.
- Baby strollers / carriers are not allowed in the activity areas or instructional programs / fitness classes. Stroller parking is available.

Activity Area Age Restrictions

Area	Age Requirements To Be In Area
Boxing Area, Cardio Equipment, Circuit Area, Exercise Ball Room, Weight Room, Cycling Studio	16 years and older.
Group Fitness, Mind Body, Cycling and, Non-Credit Instruction Classes	Non-member participants under 16 years of age must have parental and departmental consent. Waivers are required for non-member minors under age 18.
Locker Rooms	Youth 6 years and older must use gender appropriate locker rooms.
Track	No spectators or prolonged standing in lanes.
Pool/Spa	Children must be able to swim 25 yards to the lifeguard's satisfaction or be accompanied by an adult swimmer within an arms reach while using the pool or spa. Children 6 years and older may use spa. Swim diapers are required for children not yet toilet trained.

COURTS

Basketball

- Games are first-come first-served.
- Games are regulated by players.

Volleyball

- One court is designated for drop-in volleyball during facility hours.
- When four or more volleyball players are present, basketball players must vacate the court.
- Basketball players are allowed to shoot around on either end of the court when less than four volleyball players are present - no full-court basketball games are allowed on designated volleyball court.
- Games are regulated by players.

BOXING / MARTIAL ARTS AREA

- Hand wraps or sparring / boxing gloves with hand wraps are required when using equipment.
- Sparring and other intensive physical contact activities are not allowed.
- Remove street shoes prior to kicking bag.
- Cease activity if bruising, lacerations, or bleeding occurs.
- Padded foot protection designed for heavy bag use is highly recommended.

WEIGHT ROOM

- Chalk is not allowed.
- Collars on weight bars are required.
- Equipment must remain in designated weight room area.
- Equipment may not be elevated, propped, or inclined.
- Do not drop weights.
- Rack weights after use.
- Contact a weight room supervisor for spotting or equipment assistance.
- Allow people to work in between sets.

CARDIOVASCULAR AREA

- There is a 30-minute time limit on cardiovascular equipment when others are waiting.
- Use of treadmill safety clips is highly recommended.

CIRCUIT AREA

- Area is for circuit use only.
- Begin the circuit at any open station.
- Complete only one set (12 – 20 reps) per station and move to next sequential station.

EXERCISE BALL ROOM

- All equipment remains in the room.
- Return equipment to its original storage location after use.
- No standing on exercise balls.

TRACK

- No spectators. Runners – walkers only.
- Run in direction of arrow located by fitness studio.
- Run on inside.
- Walk on outside.
- No more than two abreast.

ZEN DEN

- Return equipment to its original storage location after use.

CYCLE STUDIO

- The lead cycle is for use by Campus Recreation instructors only.

SWIMMING POOL & SPA

General Aquatic Area Guidelines

- Prolonged breath holding / underwater swimming / hyperventilation is considered dangerous activity and is not permitted.
- Children must be able to swim 25 yards to the lifeguard's satisfaction or be accompanied by an adult swimmer within an arms reach while using the pool or spa
- Diving is not allowed in the pool or spa due to the shallow-water depth.
- Appropriate swim-wear (swimsuits or swim trunks) is required. Cut-offs are not appropriate attire.
- T-shirts are acceptable at the Lifeguard's discretion.

- Deck shoes may be worn on pool area deck - street shoes are not permitted.
- Running on deck, pushing, horseplay, throwing people into the air, or “chicken-fighting” (being on someone else’s shoulders) in the pool / spa is not permitted.
- Swim diapers are required for children not toilet-trained - disposable diapers are not permitted.
- Inflatable “water wings”, rings, and flotation devices are not permitted.
- Patrons with communicable diseases or open sores are not permitted in the pool or spa.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.
- Food and gum are not permitted.
- Kayaks, canoes, long boards, scuba tanks are not permitted.

Spa

- Children 5 years and older are permitted in the spa. See “General Aquatic Area Guidelines” for specifics.
- Observe reasonable time (10 minutes); cool down. Return for another brief stay.
- The maximum capacity of the spa is 13.

Pool

- Kickboards and pull-buoys are available for lap swim only.
- Starting blocks are not available for use by recreational swimmers.
- No hanging on lane lines.
- No hanging on the water basketball rims or dunking water basketballs.
- The maximum capacity of the pool is 150 people.

Swimming pool patrons share responsibility for controlling the spread of bacteria / parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues.

Patrons are strongly encouraged to be proactive regarding prevention of illness:

- immediately report fecal contamination to staff so that appropriate disinfection can be administered
- refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved
- do not swallow pool water
- practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom

LOCKERS

Campus Recreation is not responsible for lost/stolen or damaged items. Do not leave valuables such as jewelry, wallets, audio devices, or credit cards unsecured.

Day Use Lockers

- For day use, use long lockers only.

- Personal locks or rental locks are permitted.
- Locks left on day use lockers overnight will be cut off and contents removed.
- Personal articles may not be secured on outside of locker.

Rental Lockers

- Semester lockers are available for purchase on a first-come, first-served basis. Lockers go on sale the first day of classes each semester.
- Towels are provided with a locker rental. Exchange used towel for a clean towel at either equipment room.
- At the end of the rental contract: clear locker of personal items, return towel and lock to Service Desk.
- Personal items left in lockers at the end of the rental contract period are held for one semester before being disposed of according to approved University procedures.
- Personal toiletry items such as cleansing products, hair care products, razors, wash clothes, etc., are not held, but disposed of for sanitary health reasons.
- Lockers must be renewed or cleared by the last day of the rental contract or a clearing fee is charged to locker holder.
- Renters will be assessed replacement cost for locks and towels not returned by contract end.
- Personal locks may not be used on rental lockers.
- Personal articles may not be secured on outside of locker.

III. OUTDOOR FACILITIES

General Outdoor Area Guidelines

- Outdoor activity areas are available for drop-in use when not reserved for scheduled program class or other scheduled activities.
- The outdoor recreation facilities are intended for the use by Colorado State University students, employees and their guests.
- Outdoor facilities are open when the Student Recreation Center is open - weather permitting.
- Inline / basketball / volleyball area closures due to Special Events are posted prior to the event.
- Requests for outdoor lights for sports field use may be made to the University Scheduling office.
- Requests for outdoor lights for inline / basketball / volleyball area may be made at the Rec Center activity area entrance desk.
- Requests for outdoor lights on the patio may be made to the Campus Recreation Facility Scheduler.
- Skateboards and bikes are not permitted at the entry to the Recreation Center or on patio furniture, benches, bleachers, and landscape boulders.
- Glass containers are not permitted in or around the activity areas.
- Damage to personal property on or near outdoor facilities is addressed by CSU Environmental Health Services office.

Inline Rink

- Only low bounce hockey balls allowed. NO PUCKS!
- Checking is not permitted on the rink.
- Area is intended for in-line hockey only.
- Safety Recommendation: Eye/face protection, helmets and body pads are strongly recommended.

Lightning, Bad Weather, Field Closures

Severe Lightning/Thunderstorm Procedures (Thor Guard)

The Thor Guard lightning prediction and warning system will sound an alarm signaling a **red alert period: one - 15 second long blast from the horn and a strobe light on the assembly begins intermittently flashing**. *If the conditions appear unsafe and a red alert alarm has not sounded, common sense should be your guide and activities should still cease despite the absence of a Thor Guard warning.*

All outdoor activities cease during red alert periods and appropriate shelter sought. Campus Recreation staff will clear participants from fields, playing areas, or the challenge ropes course. Participants may be evacuated to the Sport Outdoor Storage Facility, Student Recreation Center, Moby, Aggie Village, or personal vehicles.

When the Thor Guard sensor detects that the danger has passed (a minimum of 10 minutes after the original alarm) it **sends the all-clear signal; three separate - 5 second blasts from the horn, and the strobe light will stop flashing**. After the all-clear signal is sounded, outdoor activities may resume.

Field Closure and Notification

- Fields may be deemed “UNPLAYABLE” at any time by Campus Recreation staff.
- When fields are determined to be unplayable (i.e...standing water, saturation, snow, pouring rain, lack of visibility, freezing temperatures), activity is suspended and/or cancelled to avoid further damage to the field or risk of injury to individuals.
- Traveling Sport Club teams contact the Assistant Director for Sport Clubs (970) 491-2116 or the Associate Director of Sport Programs (970) 491-2011 for updated information on game status and field conditions.

IV. MOBY

GENERAL ACTIVITY AREA GUIDELINES

- For safety and / or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Closed toe, closed heel, non-marking *athletic* shoes required.
- Baby strollers / carriers are not allowed in activity areas / classes. Stroller parking is available by the bleachers.

Auxiliary Gym

- Spectators are allowed to view activities from the balcony area only.
- Food and coolers are permitted on the spectator balcony or outside the gym.
- Return gym to map condition (see page 18).

Racquetball Courts

- Racquetball courts are a shared activity area and therefore are available for drop in recreation specific times. Visit www.campusrec@colostate.edu for specific times.
- During Campus Recreation drop-in recreation times, courts may be reserved 24 hours in advance. Visit www.campusrec@colostate.edu for specifics.
- Safety Recommendation: Eye goggles / protection is highly recommended.

Pool

- Cleansing soap shower is required before entering the pool or spa.
- Appropriate swim-wear (swimsuits or swim trunks) is required. Cut-offs are not appropriate attire.
- T-shirts are acceptable at the Lifeguard's discretion.
- Deck shoes may be worn on pool area deck - street shoes are not permitted.
- Running on deck, pushing, horseplay, throwing people into the air, or "chicken-fighting" (being on someone else's shoulders) in the pool / spa is not permitted.
- Prolonged breath holding / underwater swimming / hyperventilation is considered dangerous activity and is not permitted.
- Patrons with communicable diseases or open sores are not permitted in the pool or spa.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.

- Food and gum are not permitted.
- Kickboards and pull-buoys are available for Athletics use only.
- Starting blocks are not available for use by recreational swimmers.
- No hanging on lane lines.
- Diving boards are for Athletics use only.
- Diving in areas other than the diving well is not permitted due to shallow water depth.
- Spectators allowed in bleacher area only.
- Kayaks, canoes, long boards, scuba tanks are not permitted.
- The maximum capacity of the pool is 65 people.

Swimming pool patrons share responsibility for controlling the spread of bacteria / parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues.

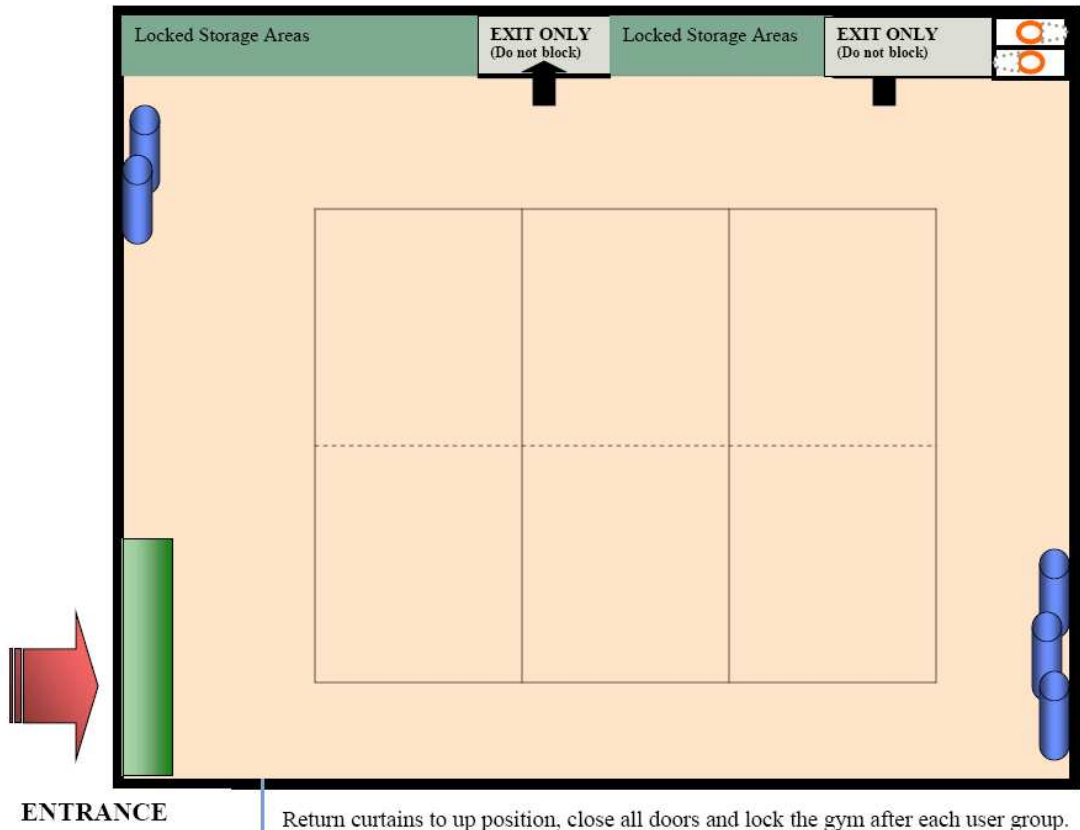
Patrons are strongly encouraged to be proactive regarding prevention of illness:

- Immediately report fecal contamination to staff so that appropriate disinfection can be administered
- Refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved
- Do not swallow pool water
- Practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom.

← North

Auxiliary Gym Map (Room C 133 Moby)

Return all equipment to map location after use.



Moveable Basketball stands must be stored in the south east corner of the gym. They must be off the courts as much as possible. The front stand is to be stored with the basket to the wall. See picture. **Move and store only in down position!**



Spirit Squad Mats must be stored off the courts on the south end of the gym near the SW corner.

2-6-08

V. SOUTH COLLEGE GYM & FIELDHOUSE

General Activity Area Guidelines

- For safety and / or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Closed toe, closed heel, non-marking *athletic* shoes required.
- Baby strollers / carriers are not allowed in activity areas / classes. Stroller parking is available inside the facility by the front and back doors.

Field House

- Use of wall curtain to protect windows is strongly encouraged.
- Damage to facility will be directly charged back to user group.
- Do not use the thin yellow mats, climbing rope, pole vault pit, or any exercise equipment.
- Return Field house to map condition (*see map page 21*).

Mat Room

- Use of the mats must be requested from Campus Recreation Facility Scheduler.
- No shoes allowed on the mats.
- Users must return mats to the storage closet at the south end of the room.

Pool

- Cleansing soap shower is required before entering the pool or spa.
- Prolonged breath holding / underwater swimming / hyperventilation is considered dangerous activity and is not permitted.
- Appropriate swim-wear (swimsuits or swim trunks) is required. Cut-offs are not appropriate attire.
- T-shirts are acceptable at the Lifeguard's discretion.
- Deck shoes may be worn on pool area deck - street shoes are not permitted.
- Running on deck, pushing, horseplay, throwing people into the air, or "chicken-fighting" (being on someone else's shoulders) in the pool / spa is not permitted.
- Patrons with communicable diseases or open sores are not permitted in the pool or spa.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.
- Food and gum are not permitted.

- Kickboards and pull-buoys are available for lap swim only.
- Diving is only allowed from the east wall due to shallow water depth of the rest of the pool.
- No hanging on lane lines.
- Kayaks, canoes, long boards, scuba tanks are permitted only for scheduled / approved programs.
- The maximum capacity of the pool is 45 people.

Swimming pool patrons share responsibility for controlling the spread of bacteria / parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues.

Patrons are strongly encouraged to be proactive regarding prevention of illness:

- immediately report fecal contamination to staff so that appropriate disinfection can be administered
- refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved
- do not swallow pool water
- practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom

Kayaking Policies

- Kayaks are unloaded at transfer point: South College parking lot at storm drain.
- Kayaks are rinsed inside and out to remove particle dust and debris at the transfer point over storm drain.
- Kayaks are thoroughly sprayed with water / bleach solution (10 ppm) and left to stand for a minimum of one minute, followed by a thorough rinsing again using the drain as a catch basin.
- Kayaks must be transported into the pool area through the outside door into the pool area.
- Kayaks will be inspected by staff to determine eligibility of craft. Kayaks with physical damage including fractured, damaged or ripping foam, and patches such as duct tape, etc. that potentially could pollute the pool will not be allowed.
- The number of kayaks in the water at one time is limited to 8.

VI. PROGRAMS

General Fitness Program Guidelines

- Class participation is on a first-come, first-served basis.
- Participants are not allowed to enter class 10 minutes after class commences.
- Notify the instructor of any physical considerations you have before class begins.
- Non-member participants under 16 years of age must have parental and departmental consent. Waivers are required for non-member minors under age 18.
- Return equipment to designated storage space.
- Mind Body and Indoor Cycling Daily and Unlimited Passes are valid for one semester only and may not be transferred to a following semester.
- Mind Body and Indoor Cycling daily passes are not refundable due to loss, theft or other circumstances.
- Participants are required to sign a waiver before participating in any Fitness fee oriented service or class.

Group Fitness Classes

- Maximum class capacity is 55 participants - some classes are self limiting due to available equipment.

Mind Body Classes

- A valid Mind Body pass is required for participation.
- Classes held in the Longs Peak room are limited to 55 participants. Classes in the Zen Den are limited to 15 participants.

Indoor Cycling

- A valid Indoor Cycling pass is required for participation.
- Cycling class passes do not ensure a position in classes - a reservation can be made 24 hours in advance.
- Unclaimed reserved cycles are forfeited at class start.
- Participants with reservations check in with instructor prior to class start time. Remaining bikes are available first-come first-served.
- Class size is limited to 15 participants.

Personal Training

- Patrons must schedule and pay for appointments 48-hours in advance at the Service Desk.
- Participants have one year to utilize personal training appointments from date of purchase.

- Cancellations and changes are accepted up to 24 hours prior to appointment.
- Cancellations and changes made within 24 hours of appointment and missed appointments will be charged in full.

Massage Therapy

- Patrons must schedule and pay for appointments 48 hours in advance at the Service Desk.
- Cancellations and changes are accepted up to 24 hours prior to appointment.
- Cancellations and changes made within 24 hours of appointment and missed appointments will be charged in full.

Non-Credit Instruction Classes General Guidelines

- Registrations occur at the Recreation Center Service Desk.
- Pre-registration is required. Exceptions may be made with departmental approval. A late registration fee will be assessed.
- Non-member participants under 16 years of age must have parental and departmental consent. Waivers are required for non-member minors under age 18.
- All classes considered high risk require participants to sign waivers.
- Activity classes that do not meet minimum enrollment will be cancelled at least one business day before the class starts. A full refund will be provided.
- Private swim instruction advanced purchased time is valid for one semester only and may not be transferred to a following semester.
- Cancellations and changes for private swim instruction made within 24 hours of appointment and missed appointments will be charged in full.

Challenge Course

- The Course is available to campus members and the general public.
- Groups must have a reservation to use the course.
- Final payment is due one week prior to the course date.
- All participants must sign waiver.
- Challenge Course staff must be present to use course.
- All participants must wear closed-toed shoes (no sandals or flip flops).

Outdoor Adventure

- Participants must be 16 years and older. Minors must have parental and departmental consent.
- All participants must sign waiver prior to participation.
- Pre-registration is required to participate and payment must be made at the time of registration.
- A request for a refund must be received at the Recreation Center Service Desk a minimum of 10 days before the first class unless otherwise noted in the Information Sheet provided at the time of registration. No refunds after the refund deadline.
 - Refund requests made prior to the refund deadline are entitled to a refund, less a 20% processing fee (max. \$10) unless otherwise noted on registration receipt.

Sport Clubs

- All participants must sign waiver and membership roster forms and be verified by the Sport Clubs office prior to participation.

Intramural Sports

- Pre-registration is required to participate and payment must be made at the time of registration.
- All participants must sign waiver and membership roster forms prior to first game.
- No person may play on two teams in the same sport
 - Exception – playing on one men's or women's softball team and on a coed softball team.
- Intramural team names are reviewed by staff and edited when necessary.
- Intramural professional staff makes final decision on postponements and cancellations.
- The full text of Intramural Policies & Procedures is posted on the Intramural Sports webpage (campusrec.colostate.edu).