 SRC Access

All Student Recreation Center (SRC) members must have their ID cards to enter the facility. Without a valid card you cannot pass through the turnstiles. Exception cannot be made.

NO CARD = NO ACCESS

* note: Wellness pass and Climbing only passes may only be used for Wellness Classes or the Climbing Center.

Fraudulent use of membership cards will result in the following:

1st Offense:
- The misused card will be confiscated.
- An appointment is required for return of card.

2nd Offense:
- The misused card will be confiscated and sent to the Dean of Students office.
- An appointment is scheduled to review the violation.

3rd Offense:
- The misused card will be confiscated and sent to the Dean of Students office.
- SRC access privileges are revoked.
- May result in further disciplinary action through the UI judicial system and/or criminal prosecution.

Guidelines

Attire
Exercise attire and footwear are required. Shirts required except on basketball courts. Shoes must be non-marking, closed toe and closed heel (no sandals, flip-flops or boots). Footwear must be clean (not muddy or dirty).

Personal Items
All personal belongings should be locked and secured at all times. Loose items such as clothes, backpacks, etc., must be stored appropriately and kept off activity floors. Day lockers are available. The SRC is not responsible for lost or stolen property.

Parking
Parking is free in the east parking lot and limited to 2.5 hour intervals while using the SRC. SRC parking regulations are enforced by University Parking Services.

Closures
Occasional short closures of the facility or specific space may occur due to maintenance schedules, special programs, safety issues or other unforeseen circumstances.

Children
Unattended children are not allowed in the SRC Atrium. Access for children (17 and younger) is limited to special youth programs only.

Quick Tips

- Peak times are mid-day and evening.
- Swipe your card with the mag stripe down, facing the Information Desk.
- Please do not enter or exit through the Service and Disability gate unless opened. It may damage the equipment.
- Student attendants are told to enforce SRC access policy and will not allow any exceptions.
- If you would like to use a court but someone is already there, please remember that it is first come, first serve.
- Please keep the facility clean; use proper receptacles.
- Campus Recreation reserves the right to film or photograph participants of Campus Recreation programs or facilities. These photos are for the sole use of the University of Idaho for publications, promotions and advertising.

Visit our website for class schedules and hours at: uidaho.edu/campusrec
Welcome to the Student Recreation Center (SRC). Before you get started please follow these precautions to help avoid serious injury:

- Get a medical exam before beginning an exercise program.
- Read all warning labels and instructional placards on machines.
- Allow for proper warm up and cool down.
- Avoid over-exertion.
- Use equipment only for intended purpose of exercise.
- Do not modify the equipment.
- Never attempt to repair equipment.
- When in doubt, ask for assistance.

Participation in Campus Recreation facilities and activities is voluntary. Each individual participant or spectator acknowledges the risk and hazards directly or indirectly involved in participation and use. These risks include, but are not limited to the risk of serious bodily injury as well as death. Should an accident, injury or related incident occur, contact the SRC staff immediately.

Assumption of Risk

- Climbing is dangerous. Climb at own risk of injury or death.
- Only approved staff will move handholds.
- All accidents or equipment damage must be reported immediately to staff.
- Only figures 8 follow through knots may be used for belaying.
- Only locking "D" carabiners may be used to connect the belay devices to the belayers.
- Standard climbing signals must be used.
- Chalk must be contained in a sock or bison ball (no loose chalk).
- No bouldering above the level of the bouldering line or below roped climbers.
- Equipment must be returned before closing on the same day it was checked out to avoid replacement fees.
- Long term lockers are available for purchase at the Information Desk.
- Equipment must be returned before closing on the same day.
- No contact play.
- High sticking and rough play prohibited.

Circuit Training

- Start at any vacant station.
- Rotate on clock commands.
- Circuit is not for stationary lifting if others are rotating.
- Do not tamper with circuit clock.

Multi Activity Court (MAC)

- MAC schedule is posted at the entrance. MAC schedule takes precedence, otherwise it is first come, first serve.
- Non-marking shoes only.
- Hockey participants must wear a helmet, gloves and shin-pads.
- No contact play.
- High sticking and rough play prohibited.

Cardio & Weight Machines

- At peak times, limit use to 30 minutes or less.
- Wipe down equipment after use (spray cleaner on rag, not equipment).
- Television stations in the cardio cinema are changed upon request by the SRC staff only, provided that others are not watching the current program.

Free Weights

- Lifting belts and spotters are recommended for heavy lifts.
- SRC staff are not allowed to spot.
- Allow others to work through during long sets.
- Re-rack weights and dumbbells.
- Secure weights with safety locks and pins.
- Place locks and pins back on bar when done.
- Do not drop weights and dumbbells.

Equipment Room (ER)

- All equipment is available free of charge with a Vandal Card.
- Vandal Card required to check items out and in at the ER.
- Personal items may not be left with ER staff, free day lockers are available for checkout.
- Long term lockers are available for purchase at the Information Desk.
- Equipment must be returned before closing on the same day.

Courts

- All court use is first come, first serve.
- Non-marking court shoes required.
- No dunking.
- No grabbing or hanging on rims or nets.
- Rotate waiting players.
- Badminton and volleyball may be set up in either court provided there is an open area.

Climbing Center

- Staff must be present when participants are climbing.
- Climbers must check in with staff before climbing.
- Only figure 8 follow through knots may be used to tie into ropes.
- Only locking "D" carabiners may be used to connect the belay devices to the belayers.
- Standard climbing signals must be used.
- Only UIAA approved climbing harnesses may be used, unless otherwise approved by a Climbing Center staff member. Harnesses are available for checkout.
- Helmets are recommended; but not required and are available for checkout.

Food and Drink

- No chewing gum, food or drinks (bottled water only) allowed past turnstiles.

Private Use

- SRC facilities may not be used for private or commercial purposes unless such activities are approved by Campus Recreation. Examples of prohibited activities include but are not limited to: personal training, private instruction, sales, advertising and related promotional activities.

Bikes, Skateboards & Inline Skates

- Inline skating, skateboarding and bicycling is prohibited in or around the SRC except in planned supervised activities. Inline skating is allowed in the MAC only.

Tobacco

- The SRC is a non-smoking facility. Use of tobacco products are prohibited in the facility. Campus policy prohibits smoking within 25 feet of any entrance.

- Participants lead climbing, multi-pitch, topping-out, or repelling must complete the SRC Climbing Center instruction during scheduled times or have demonstrated skills.

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