



## STUDENT RECREATION CENTER POLICIES AND GUIDELINES

# GETTING STARTED

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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.

Visit our website for a list of all services and programs including group fitness schedules and operational hours at:

[uidaho.edu/recwell](http://uidaho.edu/recwell)

### 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 in accordance with the court priority schedule.
- Please keep the facility clean; use proper receptacles.
- Recreation and Wellbeing reserves the right to film or photograph participants of Recreation and Wellbeing programs or facilities. These photos are for the sole use of the University of Idaho or publications, promotions and advertising.

# GUIDELINES

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### Assumption of Risk

Participation in Recreation and Wellbeing 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.

### SRC Access

All Student Recreation Center (SRC) members must have their Vandal Card ID to enter the facility. Without a valid card you cannot pass through the turnstiles. Exception: Members can forget their card up to three times per semester. Inquire at the SRC Info Desk about forgotten card access.

\* Note: Group Fitness and Climbing only passes may only be used for Group Fitness or the Climbing Center during designated times.

### Attire

Exercise attire and footwear are required. Tops 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). Foot wear exceptions: Group Fitness Classes and Climbing.

### 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

Pay Parking is available on both East and West side of the SRC. See signage or visit [uidaho.edu/parking](http://uidaho.edu/parking)

### Closures

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

**Please observe all signage throughout the building.**

## POLICIES

all policies subject to posted amendments

### Conduct

Patrons shall respect the rights of others and display acceptable and appropriate behavior while using the SRC. This includes but is not limited to inappropriate or profane language, inappropriate contact, and inappropriate gestures.

### Indoor Track

- Walkers use inner lanes, joggers use outer lanes.
- Do not stretch on rails or walls of track.
- No more than 2 people wide on track.
- Follow track direction signs as posted.

### Multi Activity Court (MAC)

- MAC schedule is posted at the entrance. MAC schedule takes precedence, otherwise it is first come, first serve.
- Non-marking foot wear only.

### 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.
- Re-rack weights and dumbbells
- Secure weights with safety locks and pins.
- Do not drop weights and dumbbells: exception for bumper plates only.
- Altering equipment from original design is prohibited.

### 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 it was checked out to avoid replacement fees.

### Courts

- Court use is subject to the posted preference schedule.
- In conjunction with the preference schedule, 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.
- Do not alter badminton or volleyball nets and poles.

### Locker Rooms

- No personal locks.
- Lock and secure your valuables at all times
- Saunas are dry, do not pour water on heater.
- Do not tamper with sauna thermostat.
- Please observe posted sauna information.

### Drink and Food

No food, chewing gum, or drinks are allowed past turnstiles. Exception for plain bottled water only.

### Bicycles, Skateboards & Rollerblades

Bicycles and skateboards cannot be stored inside the SRC. Inline skating is allowed in the MAC only.

### Signage

Signage, posters, and solicitation of goods is prohibited inside the SRC. The bulletin board in the SRC vestibule is the only available area for posting. All materials must be associated with the University of Idaho and be approved by RecWell professional staff..

### Tobacco

Campus policy prohibits the use of tobacco on campus, this includes cigarettes, e-cigarettes, and chewing tobacco.

### Photography

Personal photography or videotaping is not allowed. Please contact RecWell management for more information.

### Cell Phones

Cell phone use in locker rooms and restrooms is prohibited. Please report violation to the SRC Staff.

### Private Use

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

### Policy Violations

Misuse or abuse of membership and/or facilities or violating SRC and Recreation and Wellbeing policies may lead to temporary or permanent loss of access privileges. The offending party may be removed from the facility. Recreation and Wellbeing reserves the right to suspend any individual temporarily or permanently, for failure to comply with policies.

### Children

Unattended children are not allowed in the SRC Atrium. Access for children (17 and younger) is limited to youth climbing hours and other youth programs.

To learn more about our programs, visit

[uidaho.edu/recwell](http://uidaho.edu/recwell)



University of Idaho

Recreation and Wellbeing

**Live Well. Play Well. Be Well.**