

General Facility Rules

1. All patrons must be at least 16 year of age to use the facility; guests must be 16. Excludes Aquatics programs. Exceptions may be made with prior approval.
2. Members are allotted 2 guest passes per day with a fee of \$5 per person for non-members.
3. Non-Member spectators are only allowed during Intramural Sports contests or special events.
4. All members must have their valid VSU ID to enter the building.
5. Individuals must gain access to the facility through the front doors and turnstiles unless approved for a special function (i.e. Sundeck)
6. Proper attire must be worn at all times in the SRC. (Proper attire will be determined by the specific area).
7. Food is allowed only in front lobby of the SRC unless approved for a special function (i.e. Sundeck).
8. Beverages in plastic containers with re-sealable caps are allowed. No glass containers are allowed in the SRC.
9. Firearms and any blade over 4 inches are prohibited.
10. Consumption of, intoxication, appearance/smell of intoxication, or possession of alcohol will result in immediate removal from the SRC.
11. The SRC is a smoke free facility. Smoking or tobacco use in any form is prohibited.
12. Excessive abusive, vulgar, or degrading language will not be tolerated at the SRC and will be subject to disciplinary action.
13. Facilities and equipment should be used only for their designed purpose.
14. If damages occur to the SRC equipment or facilities, the Member will be responsible for the cost of the repair or replacement.
15. Any individual not following appropriate policies or behaviors will be asked to leave the facility and possibly receive a suspension from the SRC.
16. No animals are allowed in the SRC with the exception of authorized service animals.
17. The SRC is not responsible for lost or stolen articles. Do not bring valuables to the facility.

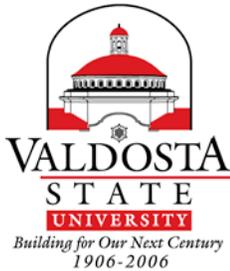
Campus Recreation

Division of Student Affairs

Address 1500 N. Patterson St. • Valdosta, GA 31698-0538

Phone 229.333.5898 • **Fax** 229.259.5088 • **Web** www.valdosta.edu/recreation/

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Student Recreation Center Policies

Should you believe an item of yours to be stolen, you should immediately file a report with the Valdosta State Police Dept. in order to ensure a proper investigation is started.

- 1) All "non-valuable" items found at the SRC will be held for 14 days and then discarded.
- 2) "Valuable" items will be turned over to VSU Police (229-333-7816) immediately.
- 3) You may pick up your lost items at the Front Desk of the SRC.

18. Any participant suspected, by a VSU Campus Recreation staff member, of sustaining a concussion or head injury while participating in a VSU Campus Recreation activity must follow VSU Campus Recreation Concussion management protocol.

Weight Room Area

The minimum age is 16 years old. EXERCISE AT YOUR OWN RISK. You are encouraged to meet with one of our consultants for a free equipment orientation. Medical clearance is recommended for men over 45, women over 55 and individuals of any age who have two of the following risk factors: diagnosed hypertension, blood pressure of 140/90 or greater, total cholesterol greater than 200 mg/dl or HDL of 35 mg/dl or lower, smoke cigarettes, impaired fasting glucose, obesity, a family history of heart disease or a sedentary lifestyle. Medical clearance is also strongly recommended for persons with cardiovascular pulmonary or metabolic disease.

1. Participants exercise at their own risk. Individuals are responsible for their own health and safety.
2. No jeans or shorts/pants with zippers and/or buttons. Tank tops are allowed as long as they do not show mid section. Athletic shorts/pants are Required.
3. No sandals, open-toed shoes, boots or slides. Full athletic footwear must be worn.
4. Belts are not allowed (this does not include weight lifting belts).
5. Towels are required for personal hygiene and equipment cleanliness. Please also use the provided gym wipes to clean equipment after use.
6. If you forget your towel, you can purchase a towel contract for \$10.00 per semester
7. No bags are allowed in the upstairs weight room or track area. Please use the free day lockers

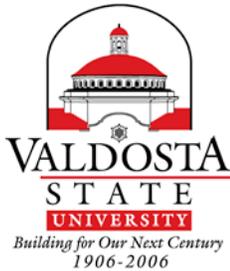
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provided on the first floor. If you are interested in renting a locker for the semester or year, please see the Front Desk about locker contract options.

8. Keep hands and feet clear of moving parts while machine is in use. Place hands and feet only on the handgrips and footpads provided. Please use machines and equipment only for their intended purpose.
9. Do not operate equipment if it has loose or damaged parts. If machine fails to operate correctly, do not attempt to repair. Notify an SRC employee of the problem immediately.
10. All free weight users are recommended to have at least one spotter. Weight Room staff is available to help spot if needed.
11. Use of clips/collars is mandatory on all free weights bars; use of safety clips on cardio machines is mandatory.
12. Dumbbells are to be used only in specified areas and must be returned to proper storage racks.
13. DO NOT drop weights/dumbbells on the floor. Members who do so will be subject to disciplinary action. For functional training, the weights cannot be dropped from above the waist.
14. No equipment is to be moved from its designated area.
15. There is a 30-minute time limit on all cardiovascular equipment. During peak times of usage, limit your workout to 20 minutes. Please be courteous and think of others.
16. Please turn treadmills off when done using.
17. Only SRC staff may operate stereo and video equipment.
18. Individuals who are not using the equipment properly will be asked to leave.
19. All users must remain at least 5 feet from mirrored walls during exercise. Please do not touch mirrors.
20. It is the user's responsibility to follow and obey all posted rules and SRC staff. Please ask the staff on duty if you have questions or need clarification.
21. Patrons CAN NOT wear Cut Off's where the sides are cut all the way down! Their midsection MUST be covered! Spaghetti strap tanks / camisoles, Sports bras, and Crop tops are prohibited (they MUST wear a shirt over their sports bra)

Jogging Track Rules

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1. The jogging direction will be rotated weekly, every Monday morning. Please follow the posted direction.
2. The two inside lanes are for walking and the two outside lanes for joggers. Slower members should move to the inside lanes; all patrons should be aware of all track traffic at all times.
3. No stretching allowed on the track.
4. For all members' safety, no loitering is allowed on the track surface.

Basketball Court Rules

1. Only athletic footwear is allowed. Footwear which marks floor surfaces or is worn inappropriately is not allowed. No high heels, boots, dress shoes or open-toed shoes are allowed. This includes spectators.
2. Dunking is not permitted. This also includes hanging on the rim and "popping" the rim.
3. Hitting, kicking and bouncing of soccer balls, basketballs or other item against the walls is not permitted.
4. No personal items are allowed around the basketball courts. All items must be properly stored in the day lockers provided. Items left unattended are subject to removal by staff.
5. No headwear except athletic headbands is allowed on the gym floor. Headphones are permitted for individual activities only.
6. Shirts are required, and shorts/pants must be worn at or above the waist (i.e. no exposed underwear).
7. Do not move equipment that is already set up. If you would like equipment set up or removed, please ask the facility supervisor for assistance.
8. Full court games must be condensed to half-court games when other individuals are waiting to play and there are no other courts available.

Climbing Wall Rules

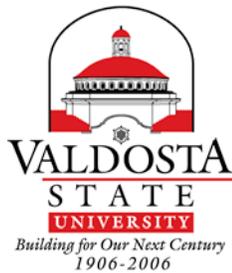
1. The climbing wall is to be used only during scheduled open hours with climbing wall staff on site. (The exception is for Outdoors Staff which may open the wall off-hours to climb)

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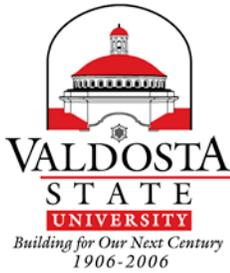
2. All climbers must have a signed liability waiver form on file to use the Climbing Wall.
3. Climbers are expected to follow recommendations and requests of Climbing Wall Staff.
4. Shoes must be worn for all climbing activities, including walking and belaying on the crash pad. Shoes designed for technical rock climbing or clean, soft-soled tennis shoes are highly recommended. No flip-flops allowed.
5. Climbers who wish to belay must complete a *Belay Training Session* and be approved by the appropriate Campus Recreational Outdoors Staff. All climbers must be signed off on their Personal Liability form to be belayed by an individual who is currently belay-certified.
6. No one with an active (bleeding/discharging) wound may use the Climbing Wall. The wound must be covered and then approved by the Climbing Wall Staff.
7. Food and drinks (including water) are not allowed on the crash pad. Please keep water bottles outside the climbing wall area.
8. Climbing wall staff may not wear hats when working. However, climbers as well as non-working staff may wear hats.
9. Climbers may use personal climbing shoes, harnesses, belay devices and chalk. Harnesses and belay devices MUST be visually checked by staff before use.
10. An ATC and locking carabineer will be used for all belays. No Gri-Gris. Belays must be from the belay loop of the harness. The use of anchors while belaying is recommended but not enforced.
11. Bouldering is not allowed to occur below roped climbers. The bouldering climber's head must not go higher than the floor level of the second floor.
12. It is required that all participants bouldering have the bouldering pad underneath them. Use your *discretion* with boulderers. A staff member should be watching boulderers when on the wall.
13. Changes of orientation of holds, climbing route and overall wall configuration are made by the climbing wall route-setting staff at designated times only.
14. Climbers need to rid themselves of jewelry that may get caught by the Wall or Rope. Again if the jewelry is irremovable use discretion.
15. Some form of belayer/climber communication needs to take place before each and every climb to

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ensure safety. A staff member needs to check all knots and hook-ups before each climb. Details will be covered in the belay certification process, but the recommended commands between the belayer and climber are as follows:

| Climber | Belayer |
|--------------|--------------|
| 1. On Belay? | 1. Belay On. |
| 2. Climbing? | 2. Climb On. |

Aerobic Fitness Room

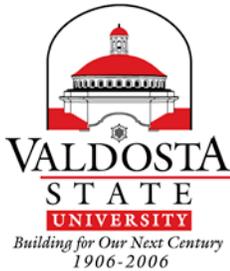
- Members must wear proper attire. No cutoff shirts, flip flops, open toed, tap, or heeled shoes are permitted.
- No one is allowed in the aerobics room while a class is in session unless they are participating in the class.
- Members must check in with the front desk before using the aerobics room when classes are not in session. To reserve the aerobics room for an event, please make a request through the online reservation system (R25).
- Individuals using the aerobics room must keep the blinds open at all times.
- Members may enter an open class until 10 minutes after the start time. After 10 minutes, or the end of the warm up, the class is closed to prevent injury.
- No gum or food is allowed in the aerobics room, only sports drinks and water in closed and sealed containers.
- The aerobics equipment room, specifically the stereo, are strictly prohibited for use by members, only aerobics instructors and supervisors are permitted.
- Personal speakers are allowed only in the aerobics room, as long as they do not disturb anyone else in the room.
- Any SRC staff has priority over usage of the aerobics room at any given time.

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10. Members may reserve the aerobics room for their personal use through campus rec reservation department.
11. Please wipe down all equipment down after use.
12. Return all equipment to equipment room.
13. No vulgar music.
14. No dropping weights on wood floor.
15. No Handstands against the mirrors.

*** Failure to follow the aerobics policies may result in administrative action**

Functional Training Room Rules

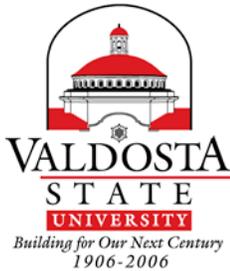
1. Safe and proper use of equipment is required at all times. If you are unfamiliar with the equipment, please ask the Weight Room Staff or set up a fitness consultation by calling: 229 245 4301
2. Do not drop barbell from the above waist.
3. You are only permitted to drop weights if you have a 25 pound plate or higher on each side.
4. Olympic lifts must be conducted on platforms.
5. Only Olympic barbells can be used for Olympic lifts.
6. Be aware of your surroundings when doing Olympic lifts.
7. Please wipe off your area when done exercising.
8. Please do not monopolize equipment. During heavy usage times, please limit use of equipment to 30 minutes.
9. Collars must be used on all free bar lifts with plates. Always unload bars and rerack plates.
10. Ask for spotter's assistance when necessary.
11. Keep sled and tire on turf lane.

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12. No chalk is permitted.
13. Boxing gloves will remain at the front desk and will need to be checked out. Front desk attendants will need clean gloves after each use.
14. Footwear must be worn when performing kicks on the punching bag.

Natatorium Policies

All general facility rules apply to the natatorium, in addition to the following:

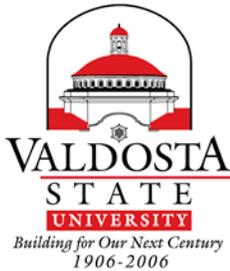
1. No one is allowed to swim or have access to the pool area or patio unless the pool is officially open and a Valdosta State University appointed Lifeguard is on duty.
2. Only swim suits and t-shirts are permitted in the pool. No jeans, cut-offs, or other clothing allowed. The on-duty Lifeguard will determine whether swimwear is appropriate.
3. All persons using the pool must take a cleansing shower before entering the pool area or the pool.
4. NO SHALLOW WATER DIVING. Flips, twists, somersaults or other gymnastic diving is strictly prohibited. Conventional head-first diving is only permitted in the deep end. In pool water less than 9ft, enter feet-first.
5. Running, rough play and excessive noise are forbidden in the natatorium.
6. Persons with communicable diseases shall not enter the pool.
7. Persons with contagious conditions, such as colds or skin/eye/ear/nasal infections, shall not enter the pool.
8. Persons with open blisters, cuts, sores etc. are advised to not use the pool.
9. No spitting, spouting water, nose blowing, or discharging bodily wastes in the pool.
10. Flotation devices may only be used at the Lifeguard's discretion.

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**Please note: The term “natatorium” includes the pool, pool deck area, sundeck, and locker rooms (consisting of restrooms, showers and dressing areas) adjacent to the pool deck at the SRC*

Guests Policies

All guests and visitors are to be recorded in the Visitor/Guest Log book. Visitors are persons who come in to tour the facility only, includes: orientation, visitation, etc. Guests actually use the facility and come in and leave with a member to use the facility. Members are responsible for the actions of their guests/visitors. All guests are required to adhere to all Campus Recreation Policies.

Guest fees are \$5.00/day for each guest (payable by cash, check, or flex) Validated members are permitted to bring **2** guests per day. (Exceptions can be made through the front office)

Guests are required to have a photo ID. When the \$5.00 charge has been paid, the guest must keep the receipt to be presented every time the guest enters the building. The guest must remain with the member at all times.

The guest pass is only valid for the date on which it was purchased.

Spectators

Spectators are individuals who enter the SRC for the purpose of watching an Intramural Sports contest or special event. Spectators who are not members must sign a waiver and pay a \$5.00 guest fee at the front desk before entering the building. Members are responsible for the actions of the spectators while in the building. Spectators must abide by all dress and conduct codes.. The spectator must show a valid picture ID.



VSU Campus Recreation is an Institutional Member of the National Intramural-Recreational Sports Association

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