

HSU Student **REC CENTER**

Frequently Asked Questions

SECTION 1: GENERAL USE

1. Who can use the SRC?

HSU students, staff/faculty, and alumni are considered valid users. Guests are always welcome, but because the SRC is funded primarily by student fees, community members (guests) do not have access to the facility unless physically accompanied by a valid user, and pay a small drop-in fee of \$8.

2. What do I have to do to be able to use the SRC?

When we have determined your status with an HSU ID, a liability waiver must be filled out and signed by you prior to working out. You must also read our “Facility Policies and Procedures” handout. Once the waiver is signed you are welcome to use the facility.

3. How much does it cost to use the SRC?

Currently Enrolled Student	No extra fee. Already paid as part of tuition
Continuing Student (not currently enrolled, but registered for next semester)	\$48
Extended Education Student	\$58
Staff/Faculty	\$90 per semester or \$ 55 half semester \$230 annual.
Alumni (must belong to the Alumni Association)	\$120 per semester or \$70 half semester
Drop In (must be accompanied by a valid user)	\$10 per day or \$65 for 10 visits

4. The semester is half over, do I have to pay the entire fee?

We offer half semester passes for most pass types.

5. What can I do if I want more information on how to use the equipment?

We provide several opportunities to learn more about the proper use of the SRC equipment. You can be given an orientation; you can sign up for a personal trainer; you can sign up for a 1 unit weight training class that will show you how to use the weights and different exercises. Our staff is always available to answer your questions or give quick tips.

6. What is your policy regarding work-out attire?

Top: Shirts must be worn at all times. Full length t-shirts and tank tops not cut on the sides are acceptable.

Bottom: Jean material and pants with belts, zippers or buttons will not be allowed into the Fitness Center. Full coverage shorts (long enough to cover you while bending, stretching, lifting) are acceptable. Long workout pants/sweats are recommended for the weight room area.

Shoes: Fully enclosed footwear is mandatory. No bare feet, sandals, slippers, heeled shoes, or cleats. Light hiking boots may be worn, but must be clean. The SRC staff reserves the right to judge acceptability of footwear.

7. I left my ID at home! Can I still work out?

If you do not have your ID with you, you will be asked for your HSU ID #. It's the nine-digit number on the front of your HSU ID card.

8. What are your open hours?

We open at 6am Monday through Friday during Fall and Spring semesters. For more details ask at the reception counter or pick up one of our fliers at the desk with our complete hours listed.

9. Are there any restricted or "off-limits" hours?

Monday through Thursday 9am – 12pm (Fall and Spring semesters) and Fridays 9am – 10am (Spring semester only) the weights are closed for PE classes. Workouts during these times are restricted to the cardio and stretching areas unless you are enrolled in one of these classes, but SRC West is open to help serve you better.

10. Do I have to check in at the front desk even if I'm in a weight training class, just using the field, or am an athlete?

Yes, regardless of why or what part of the facility you are using you are required to stop at the front desk and check in.

11. What's the busiest/slowest time?

You'll find that certain days of the week are better than others. It's best to come in and check it out for yourself. Be aware that athletic teams come in at designated times to use the facility.

12. How do I get this machine to work? Can you show me how to do a specific exercise?

A SRC staff member will gladly show you how to use the cardio or weight machines. Our strength and conditioning staff will show you how to do an exercise, but keep in mind that although the staff is trained to give knowledgeable advice and guidance, they are not personal trainers.

13. Do you have personal trainers?

Yes, we currently offer three different packages for personal training: personal (1 person), buddy (2 people) and small group (3-6 people). Prices vary depending on how many sessions are purchased and which package is purchased. Please call or see our reception staff for more information.

14. Do you offer group fitness classes?

Yes! We have a variety of fitness classes you can sign up for throughout the year. For prices and dates ask a staff member at the reception desk or pick up a group fitness calendar.

15. Do you have towels to rent or check out?

No, we only have cleaning towels, which are provided to wipe down equipment.

16. Do you have equipment to rent or check out?

The SRC has limited rental equipment: rock wall shoes, belay harnesses, and belay devices. We have stretching bands and jump ropes to check out.

17. What happens if the cardio is full, but I still want to use it?

People who have been using the cardio equipment for 30 or more minutes will be asked to let others begin their workouts. We also have a second facility, SRC West, if one seems crowded feel free to head over to the other.

18. Can my child use the SRC?

Children under the age of 16 who wish to use our facilities can enroll in Extended Education or in one of our summer programs.

19. What are the pool hours?

Pool hours are set by the Recreational Sports office. Hours for the pool may be subject to change.

20. Are you hiring?

Hiring generally takes place at the beginning and/ or ending of each semester. Applications are available upon request at the front desk.

21. The locker room is locked. How do I get in to get my stuff?

The SRC does not have a code to give you. If you need a code for the door, check with the Kinesiology office.

SECTION 2: INDOOR FIELD

1. Can I use the field house if I am not an HSU student and have no pass?

No. The field house is an extension of the SRC and thus falls under the same policies regarding membership usage.

2. Do I have to check in at the front desk with my ID to use the indoor field?

Yes, this is part of the SRC and you must follow the same check in procedures as the rest of the facility.

3. I want to use the field with some friends. Do I have to reserve it?

If you and your friends are HSU students and there is nothing already reserved in the field, you can use it. A daily schedule is posted at the entrance of the field house. Reservations are recommended for ongoing use of the field.

4. How do I reserve the indoor field?

A field reservation request form (available at the front desk) must be completely filled out. Your request must be submitted at least three days prior to the event.

5. Are there fees to use the indoor field?

Fees are charged if the group reserving the field is charging admission for their event or if the group reserving the field is not affiliated with HSU.

6. Can I reserve the field before or after open hours?

The field is available during non-operational hours, however, fees will apply.

7. Can my child accompany me into the indoor field while I work out/play a game?

Children under the age of 16 must stay on the concrete area of the field by the lobby entrance and be directly supervised by a parent or guardian. Children under 16 may not be in the fitness center area of the SRC.

8. Is the indoor field open on the weekends?

Yes, any time the SRC is open the field is too.

9. How many laps are there to a mile in the indoor field?

10 laps in the field is equivalent to one mile.

10. It's hot in the indoor field. Can we prop open the doors?

Emergency exit doors in the field are to remain closed at all times. To help with air circulation there are large ceiling fans that can be turned on.

SECTION 3: ROCK WALL

1. What do I have to do to be able to use the rock wall?

All new climbers must first read our Rock Wall information packet (the green packet at the front counter). Both the Facility Center and the Rock Wall Liability Waivers must be filled out completely.

2. What's the difference between "bouldering," "roped climbing" and "lead climbing"?

Bouldering: We have a bouldering section on the left-hand side of the wall; it is approximately 12 feet high surrounded by crash pads. You are also allowed to traverse (climb across the wall) underneath the red tape unless ropes are being used.

Rope Climbing: This is a system of climbing from the ground up wherein a climber ascends the rock or wall while belayed from below by a partner.

Lead Climbing: A system of climbing from the ground up wherein a climber ascends while belayed from below by a partner, trailing a rope and clipping it through intermediate protection points.

3. What do the red, yellow, and blue tags signify, and why do I have to wear one?

RED: Wearing a red tag signifies that you are a non-belay certified individual, but you are allowed to be belayed by another person.

YELLOW: Wearing a yellow tag signifies that you are a belay certified individual. You are allowed to belay others with this tag. In order to become certified you must pass the safety check on two separate occasions that are at least one week apart. Recertification is done once a year.

BLUE: Wearing a blue tag signifies that you are a certified lead climber. Lead climbers are allowed to belay others with this tag. In order to become certified you must pass the safety check on two separate occasions that are at least one week apart. Recertification is done once a year.

Tags must be worn so that the rock wall attendant can quickly and easily identify your climbing ability and to ensure your safety.

4. I'm not a student, but I still want to use the rock wall. Can I do that?

Community members must be physically accompanied by a valid user, and pay a small drop-in fee of \$10 per visit. If you know you may be coming in frequently, the 10-Admission Pass might be a better option at \$65 total, saving you \$35 total.

5. Do I need to rent anything?

If you do not have your own climbing shoes, you will be required to rent a pair from us for a minimal fee. Below you will find a full listing of equipment rentals and prices.

ROCK WALL RENTALS & SALES

Shoes: \$2.00

Harness or Belay Device or Chalk Bag Rental: \$1.00

Package (four items listed above): \$3.50

Chalk Ball Sale: \$3.50

6. What if I have my own climbing equipment?

If you have your own climbing equipment, we encourage you to bring it in and use it. All equipment is subject to inspection by SRC staff.

7. I've been climbing for years, and I already know how to belay. Do I still need to take the belay tests?

Yes, for safety reasons it is still necessary for us to check your skills and techniques. We use the PBUS method for belaying and we need to verify that that you know and can use this method.

8. I've never climbed before, and I really want to learn how. Do you offer any classes?

Yes, we offer non-credit instruction for beginning climbers. These class times vary each semester, please inquire at the front desk for current times. The price is \$10 students and \$18 for non-students.

9. I am not available during the offered climbing class times. Can I set up a different time that would fit better with my schedule?

Yes. Setting up a different time is contingent upon multiple people signing up/paying for that instruction. For that reason we encourage people to sign up with a friend or two.

10. Do you offer any semester-long climbing classes through the university?

We do not offer any classes for credit through the university, but we offer various non-credit classes. You can pick up our catalog to see a current list.

11. Do you have specific lead climbing times?

Yes, but they vary from semester to semester. Check with the rock wall attendant to find out what is current.

12. How often do you change your routes?

We change our bouldering routes often. Top roping routes may be left up for slightly longer if it is really popular. This gives more people the opportunity to try out the route. The rock wall at SRC West offers even more route options to try.

SECTION 4: SRC WEST

1. What are the hours of SRC West?

The SRC West is open Monday through Friday from 8am to 8pm. The SRC West is closed on weekends.

2. What are the rock wall hours for SRC West?

The rock wall in SRC West is open Monday through Friday from 12pm to 8pm.

3. What is the purpose of the SRC West?

We expanded the SRC because it was becoming over crowded during peak hours. The purpose of the SRC West is to provide additional program space and exercise equipment for students and the campus community.

4. What makes the SRC West different from the SRC?

SRC West has more weight machines while the SRC has more free weights available in the weight training area. SRC West is smaller and usually a quieter work out space as the HSU athletic teams do not use SRC West as a training space.

5. Are there rentals in the SRC West?

Yes, rock wall shoes are available for rent in the SRC West. We also have basketballs, stretching bands and jump ropes to check out.

6. What types of equipment are in the SRC West?

SRC West has a range of cardio machines and a strength and conditioning section. There is a mat section that includes physio and medicine balls for stretching. Just like the SRC, a climbing wall is the center piece for this facility.

7. Are there bathrooms and a drinking fountain in the SRC West?

There are bathrooms and drinking fountains just outside of the front door.

8. Are headphones allowed in the weight area in SRC West?

Headphones are allowed in the weight area of the SRC West.

9. If I just came from the SRC, do I need to check in at the SRC West?

Yes, you do need to check in every time you enter either the SRC or SRC West.

10. Can I use my rental from the SRC at the SRC West?

While a rental cannot be physically taken from the SRC to the SRC West, the receipt for that rental item can be taken to the SRC West and be used during that same day.

11. What is the Recreation and Wellness Center?

The Recreation and Wellness Center is a one-stop location for all recreation and wellness needs. It is a collaboration of several departments and programs including the Student Recreation Center, Center Activities, Health Education and Rec Sports.