

# HSU Student **REC CENTER**

## **GENERAL POLICIES & PROCEDURES**

### **WELCOME TO THE STUDENT RECREATION CENTER!**

---

The Student Recreation Center's (SRC's) purpose is to provide recreational activities, programs and facilities for the HSU campus community. The SRC offers drop-in recreation, intramural sports, physical education classes, athletics training, practice space and space for special events that all enrich the opportunity for activity at HSU.

Components of the SRC are:

- **Fitness Center:** The fitness center offers a variety of up to date exercise equipment for both cardiovascular and weight training. The cardiovascular equipment includes treadmills, bikes, elliptical trainers and more. The weight training area includes both free weights and exercise machines.
- **Climbing Wall:** The sculptured climbing wall is the centerpiece of the SRC. It features a bouldering area and seven roped climbs as tall as 46' high. Please see our green packet for more information.
- **Indoor Field:** The indoor field features state of the art artificial turf which can be used for jogging, indoor sports activities, and special events.
- **SRC West:** SRC West is located next to the West Gym. It features a variety of cardiovascular equipment including treadmills, bikes and elliptical trainers as well as equipment for weight training. It also offers a state of the art bouldering wall.

### **FITNESS CENTER POLICIES**

---

#### **General**

- **You must check in with your photo ID at the front desk every time you use the facility, including the indoor field.** You may also check in using your HSU student ID number.

- The HSU Student Recreation Center is for the use of currently enrolled HSU students, faculty, staff, alumni and guests accompanied by one of these valid users only.
- Users must abide by all policies for each area of the facility and comply with requests made by staff.
- Sharing identification cards for access into the buildings is considered forgery and this act will result in loss of privileges and confiscation of cards.
- Participants are expected to be courteous to other facility users. Individuals who engage in unacceptable or disruptive behavior may have their access to the facilities revoked, modified, and/or subjected to further university disciplinary action.
- Membership fees are subject to change. The fees are set by the Student Recreation Center Board of Directors.
- All personal items (besides your water bottle, reading material and personal music player) should be left in the cubbies provided at the front of the fitness center. **Bags are NOT to be left on the ground in front of cubbies. Large items that do not fit in the cubby (oversized backpacks, etc.) and valuables (laptops, wallets, phones, etc.) should be left in the locker room in the KA building.** We will not hold items at the front desk.
- Recreation Center participants must enter and exit the facility through the west (front) entrance. Other doors are for emergency exit only.
- Children under the age of 16 who wish to use our facilities can enroll in Extended Education or our summer weight lifting program. Parental permission is required.
- No bikes or skateboards allowed in facility.
- Smoking is not permitted in the building or near the entrances to the facility. HSU only allows smoking in designated area.
- You are not allowed to photograph or videotape individuals or images in the facilities without prior approval by the SRC staff.
- Personal pets are not allowed in the facility.
- **Proper hygiene is expected**, including showering, wearing clean workout clothes and the use of deodorant.

### **Equipment Usage & Safety**

- **Injuries should be reported to a staff member immediately.** Our staff are trained to provide first aid and CPR. First Aid supplies for injuries are available at the front desk.

- **Equipment should be wiped down after each use.** Cleaning supplies are provided at stations throughout the facility. To clean a machine, spray the towel first and then use it to wipe down the machine. **Do not spray the display panels directly.**
- Orientation sessions are recommended for those unfamiliar with the fitness center and/or its equipment. Check with the staff for information. If you have any questions or concerns, please inform the staff on duty.
- **Headphones are not allowed in the weight or rock wall area.**
- Proper utilization for free weights and resistance machines are required. SRC staff can only provide guidance for the correct use of the equipment and machines. The staff cannot provide exercise prescription. Personal trainers are available to give your in depth information.
- Limit workout to 30 minutes during peak usage times.
- No resting on the machines between sets.
- Please allow participants to “work in” between sets. **Circuit training is not permitted.**
- Damaged or defective equipment should be reported immediately to the SRC staff.
- Please do not remove any signage for damaged or out of order equipment.
- Do not drop weights.
- Collars must be used for barbells at all times.
- Squats must be done inside of the power racks.
- Platforms are for Olympic lifts only. **You must have permission from the SRC staff to use the platforms.**
- Use of chalk in the weight area is limited to the Olympic lift platforms.
- Rack weight plates/dumbbells after use. **Weights should never be left on the floor** or leaned against walls, mirrors or equipment.

### **Clothing Policy**

- **Full length shirts** are required. Shirts should not be cut out on the sides.
- No jeans. Pants that have rear buttons or zippers are not allowed except on the climbing wall. **Shorts must** long enough to **cover you when bending, stretching, or lifting.**
- **Fully enclosed** (toes, heel, sides and top) athletic footwear is mandatory. Please clean your footwear at the station in the lobby before entering the gym or field house.
- Clothing with profanity, offensive gestures or images is not acceptable in the gym.
- **The SRC staff reserves the right to judge the acceptability of clothing and footwear.** If your clothing is unacceptable we will ask you to change or leave if you have no other acceptable clothing to change in to.

## **Behavioral Policy**

- Profanity, abusive language or behavior will not be tolerated. This behavior may result in the forfeiture of utilization privileges.
- Individuals under the use of alcohol, illegal substances or in possession of such substances will be asked to leave the facility.
- Vandalism, assault, theft and possession of firearms are considered criminal activity and will result in immediate police action.
- Personal music players must always have headphones plugged in. **Personal music players are not allowed in the weight room.**

## **Food & Drink Policy**

- **Water in non-breakable, spill-proof containers is the only beverage allowed in the facility.**
- Food and other drinks are only allowed in the lobby area. No glass or cans, sunflower seeds, gum, or chewing tobacco. No spitting on the floor or drinking fountains.

## **INDOOR FIELD POLICIES**

- Spirited competition and hard-play are encouraged, but please show the same courtesy and respect for those around you that you would expect in return. Abusive language, threatening gestures, excessive arguing or unsportsmanlike conduct will not be tolerated. Pushing, shoving, or fighting is NOT allowed. Inappropriate behavior will lead to immediate removal from the building.
- During times that the field is not reserved, drop-in recreation is on a first come/first serve basis.
- No food is permitted in the field area. Water in non-breakable containers is permitted. No chewing gum, chewing tobacco or sunflower seeds will be permitted in the facility. **No spitting on the floor** of the facility or in the drinking fountains. **You will be asked to leave for spitting** in the field. No exceptions!
- Athletic Shoes are required at all times. Plastic cleats only, 3/4" or smaller.
- No kicking or rebounding with cleats on the wall. **Do not throw medicine balls against walls.**
- Tape may not be used to mark the field.
- Baseballs and other hardballs may not be used. Only dimpled softballs are acceptable.
- Sliding door to water fountain is to be kept closed while not being used.
- Chairs should not be placed on the field.

*\*Management reserves the right to update these policies as needed. This list is not meant to be an exhaustive list of every policy of the SRC, it is meant to serve as a guideline.*