

# **Campus Recreation**

## **Facility Use Program Participation**

## **Policy Handbook**

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# CAMPUS RECREATION

## CAMPUS RECREATION DEPARTMENT VISION STATEMENT

Campus Recreation actively promotes the pursuit of a balanced, healthy lifestyle to the CSU Community.

## CAMPUS RECREATION DEPARTMENT MISSION /VALUE STATEMENTS

### Mission

Campus Recreation strives to be a benchmark recreational program:

- by providing diverse programs, quality indoor and outdoor venues, experiential learning, co-curricular opportunities, and exceptional service.
- through the encouragement of self and social responsibility.
- through demonstration of respect for talents, abilities, cultures, and shared ideas.
- by providing a healthy, progressive, and safe environment that nurtures positive behaviors.
- through intentional planning that promotes development and leadership opportunities.
- by initiating and participating in collaborative efforts that enhance the stewardship of resources.

### Campus Recreation Values

Our *integrity* lies in trusting each other to maintain high standards in all we do.

Our *community* is united through a common vision and shared experiences while respecting and supporting one another.

We *develop* individuals through education and teachable moments while guiding the sustainable growth of others and ourselves.

**CAMPUS RECREATION LOCATION / PHONE NUMBERS / ADDRESSES**

**Mailing Address:**

**Colorado State University  
Campus Recreation  
8027 Campus Delivery  
Fort Collins, CO 80523-8027**

<b>General Inquiries</b>	<b>(970) 491-6359</b>
<b>Racquetball Reservations</b>	<b>(970) 491-3085</b>
<b>Service Center</b>	<b>(970) 491-7814</b>
<b>Aquatics/Injury Care</b>	<b>(970) 491-4125</b>
<b>Fitness</b>	<b>(970) 491-6359</b>
<b>Activity Classes</b>	<b>(970) 491-6359</b>
<b>Outdoor Program</b>	<b>(970) 491-1669</b>
<b>Sport Clubs</b>	<b>(970) 491-3793</b>
<b>Intramural Sports</b>	<b>(970) 491-6671</b>
<b>Challenge Ropes Course</b>	<b>(970) 491-0969</b>

## **GENERAL GUIDELINES**

Guidelines apply to department programs and service locations:

- Student Recreation Center
- South College Complex
- Moby Complex
- Challenge Course
- Outdoor Fields and activity areas
- Other campus program venues
- Off-campus program venue

## **BEHAVIOR & PARTICIPATION**

- Campus Recreation policies are designed for the protection of participants, employees, and facilities.
- Campus Recreation participants are of all ages; including children. Appropriate language is expected. All participants should be mindful and respectful of others around them.
- Participants may not interfere with employee duties, use obscene language, or engage in verbal / or physical abuse of employees or other participants.
- Participants must observe all posted signs and verbal directions provided by Campus Recreation staff.
- Use of drug, alcohol, and tobacco products are not permitted at Campus Recreation facilities or program venues. Attendees or participants identified as impaired will be removed from Campus Recreation facilities and program activities.
- Attempts to use another member's ID or provide a member ID for another's use violates University and State regulations. Consequences of ID violations may result in confiscation of the ID and suspension from Campus Recreation facilities and / or program participation.
- Use of Campus Recreation facilities for personal gain violates University policy relating to facilities, services, and solicitations, and is prohibited at all program venues.
- No skateboards, scooters, bikes, pets, cleats or rollerblades are permitted in the Student Recreation Center. Bicycle and skateboard racks are available outside the front entrance of the Student Recreation Center. Rollerblades are permitted in the in-line rink only.
- Individuals, under the age of 16 must be accompanied / supervised by responsible adult in all areas of facility.
- For sanitation and safety reasons, and to protect the facility and equipment, participants are required to wear clothing appropriate to activity area. Consult General Activity Area Guidelines on page 9.
- Baby strollers / carriers are not allowed in any activity areas, activity classes / fitness classes.
- Campus Recreation staff reserve the right to ask patron to leave and deny facility / program access for rule violation. Violation(s) require individual(s) to meet with Campus Recreation staff prior to further facility access / program participation. Individuals must make an appointment during normal business hours. If the Assistant Director is unavailable, another staff member in the organizational reporting line will facilitate the meeting. At the conclusion of the meeting, the individual will receive written notification of any applicable suspension. Staff may also refer students to the Conflict Resolution and Student Conduct Services office for further investigation and discipline.
- Individuals may appeal the decision by filing a Disciplinary Appeal Form with the Associate Director(s) – Campus Recreation, and/or their designate(s), within 7 days of the date of the disciplinary sanction. It is the burden of the participant to provide concrete reasoning as to why the disciplinary action is too severe. All sanctions will remain in place through the appeal process. The acceptable standards for appeal are: harshness of sanction or lack of due process.
- Situations or circumstances not covered in Policy Handbook will be addressed and resolved by Campus Recreation staff.

## **ASSUMPTION OF RISK**

- Participate at your own risk. Colorado State University and Campus Recreation are not responsible for financial costs related to health services resulting from ill health or injury incurred during use of Campus Recreation facilities or participation in program activities. It is recommended that participants secure accident coverage prior to exercising or program participation.

- Participants in high risk activity classes are required to sign waivers. Minors must have parental, departmental, and instructor consent to participate. Parent or Legal Guardian must also sign a waiver for minors under the age of 18.

## **PHOTOGRAPHY**

Prior permission from Campus Recreation staff must be obtained to photograph or video any Campus Recreation activities / programs / participants. Please see the Service Center to obtain permission.

## **IDENTIFICATION**

Verification of eligibility to use Campus Recreation facilities and / or to participate in Campus Recreation programs is required.

### **Student Recreation Center**

- Campus Recreation Membership is required to use the Student Recreation Center and all related events / activities.
- A valid CSU ID or Campus Recreation Membership ID is required at the ID check station to enter the Recreation Center.
- Alternate computer identification verification: Service Center staff will verify picture identification information for entry to the Student Recreation Center up to three times per semester. After three computer verifications, a member must produce his / her ID, purchase a replacement CSU ID, or purchase a Daily Guest Pass to enter the Student Recreation Center.
- A hand stamp (available at the Service Center) is required for re-entry to the Recreation Center for outside runners / exercisers / sport participants.
- Daily Guest Pass receipts / hand stamp are valid for entry / re-entry throughout the date of purchase.

### **Intramural Sports and Sport Clubs**

- All participants must be Campus Recreation participants.
- Participants may be required to present valid CSU ID or Campus Recreation Membership ID to establish eligibility prior to participation.

## **FOOD & DRINK**

- Food is not permitted in Moby, South College and / or Student Recreation Center activity areas, locker rooms, meeting rooms without prior approval.
- Beverages in non-glass, sealable containers are permitted in the Recreation Center, Moby and South College activity areas. Campus Recreation staff determine if containers meet acceptable standards.

## **EQUIPMENT CHECK-OUT / IN**

- Day use equipment is available for checkout with valid CSU ID or Campus Recreation Membership ID. Day use equipment must be returned by facility closing on the same day to avoid replacement charge.
- Some equipment is available for multiple day use - a deposit may be required. Multiple day use equipment is reserved in advance and returned on specified due date to avoid late return or replacement charges.
- Lost, missing, or damaged Campus Recreation equipment or property may result in replacement charges or suspension of Student Recreation Center facility use and / or program participation dependent upon circumstances. Campus Recreation staff will address and resolve the situation.

## **LOST, DAMAGED, OR STOLEN ITEMS**

- Campus Recreation is not responsible for participants lost, damaged, or stolen personal articles. Individuals must report stolen items to CSUPD.
- Information regarding participants' lost / found items is not provided via phone. Inquiries must be made in-person at the Recreation Center, Moby, or South College complexes.
- Contact Health and Exercise Science department for items lost at Moby and South College complexes.
- Personal toiletry items such as cleansing products, hair care products, razors, wash cloths, etc., are disposed of immediately due to sanitary health reasons.
- CSU ID's are returned to the University ID Office, located in the Lory Student Center, on a daily basis.
- Residence Hall keys are returned to the Housing Office, located in the Palmer Center, and University keys are returned to University Key Desk, located at Facilities Services North building on a weekly basis.
- Items of value, such as electronic devices, wallets, keys, credit cards, jewelry, etc., are secured at the Service Center in the Recreation Center.
- Unclaimed wallets and credit cards are turned over to CSUPD on a weekly basis.
- Items such as texts, clothing, footwear, sport gear, water bottles, etc., are secured at the Equipment Desk. Unclaimed items are held for two weeks and then donated to local charities.

## **FACILITY RESERVATIONS**

### **Student Recreation Center**

- Requests for space in the Student Recreation Center must be submitted to the Campus Recreation Facility Scheduling Office, (970) 491-5407 at least 10 business days prior to event. Requests made less than ten business days prior to the event are accommodated when possible.
- Written confirmation is provided after a request has been approved. If confirmation is not received within five business days, contact Campus Recreation at (970) 491-5407.
- Changes to approved requests are to be submitted to the Campus Recreation Facility Scheduling Office at least five business days in advance. Requests made less than five business days prior to the event will be accommodated when possible.
- Notice of cancellation must be received 10 business days prior to event. Employee costs, if applicable, will be assessed.
- The Campus Recreation Facility Scheduling Office reserves the right to move a group to another space.
- Supervision may fees apply.
- Concessions are not permitted to be sold or served without prior approval.

### **Early Access & Extended Hours**

- Requests requiring access to the building beyond standard hours of operation require notice of at least 14 business days prior to event.
- An additional fee may be charged for facility use beyond scheduled event.

### **Cancellations**

If the event is cancelled / changed, charges are assessed as follows:

- Eleven business days or more prior to event: No charge

- Three days to ten business days prior to event: 100% employee costs
- Less than three business days prior to event: 100% of full (rental and employee) charges.

## **Meeting Room Scheduling**

- All meeting rooms require scheduling through the Campus Recreation Facility Scheduling Office.
- Recognized student organizations requesting single event reservations will be approved at the discretion of the Campus Recreation Facility Scheduling Office. Reoccurring reservations are not approved.

## **Moby, South College and Fields**

The University Scheduling Office (USO), (970) 491-0056, is responsible for scheduling events at Moby Complex, South College Complex and the fields. USO schedules events for the CSU community as well as non-CSU community.

# **II. STUDENT RECREATION CENTER**

## **Service Center**

### **Memberships / Eligibility / Family Recreation**

Membership is required to use the Recreation Center. Membership privileges include use of all Recreation Center activity areas, daily locker use, and group fitness classes.

- Full fee paying students have automatic membership included in their student fees.
- Non-full fee paying CSU students, CSU employees and the spouse / partner of these individuals are eligible to purchase a Student Recreation Center membership.
- Individuals must present one of the following forms of identification when purchasing a Student Recreation Center membership or Guest Pass: official / valid CSU employee or student photo ID, valid State Driver's License, valid State ID card, current Passport, or USA Military ID.
- Memberships are inclusive of University breaks, holidays, and facility closures.

### **Spouse / Partner Memberships**

- Student / employee must accompany their spouse / partner for first time purchase of spouse / partner membership.
- Spouse / partner membership expiration is concurrent with student / employee separation from CSU.
- It is the student / employee responsibility to inform Campus Recreation if relationship with spouse / partner has terminated.
- Membership is required for spouse / partner to use the Rec Center without student / employee accompaniment during non-family hour times.

### **Daily Guests Pass**

Recreation Center participants may sponsor a guest(s) for a fee (activity area age restrictions apply).

- All guests must be sponsored by a Campus Recreation member, CSU student, or CSU employee to be eligible for daily guest pass.
- A valid photo ID must be presented by the Campus Recreation member and their guest.
- Guest pass privileges include use of Recreation Center activity areas, daily locker use, and participation in group fitness classes.

- Guest pass holders may purchase additional services (massage therapy, personal training).
- Guest pass is valid for full day of purchase.
- Guests are required to sign in at Service Center prior to entrance to the activity areas.
- CSU students / employees may sponsor themselves for a daily guest pass with a valid photo ID.
- Sponsors are responsible for guests' behavior and equipment check-out / return.
- Sponsors are responsible for remuneration for guests' entrance fee and lost / broken / damaged equipment.

### **Family Recreation / Family Hours**

- Youth are allowed into activity areas only during designated family hours.
- An adult Campus Recreation member (18 years or older) may sponsor their spouse / partner and / or up to four dependents (17 years and under) into the Recreation Center during family hours free of charge.
  - Dependents are defined as children who have not yet graduated from high school.
  - Adult sponsor must remain in facility during family hours with non-fee paying family participants.
  - Adult sponsor must be accessible in the facility to supervise and advise on medical treatment for minor guests.
- Spouse / partner and / or dependents are required to sign in at Service Center prior to entering activity area.
- Age restrictions related to area participation and supervision apply – see Activity Area Requirements chart on page #9.
- Youth 6 years or older must use gender appropriate locker room or gender inclusive changing room.

### **Payment Methods**

Campus Recreation accepts payment in form of Cash, RamCash, Visa & Mastercard, and personal check with proper ID (Drivers Licenses or State ID Card). Membership payment for eligible CSU employees may also be made with IO's or Payroll Deduction.

Sport Club team dues or other team charges are made to the individual Sport Club Team.

### **Refunds**

Refund requests may be made at the Service Center.

- All refunds are assessed a processing fee. Prorated fees may apply.
- If payment was made by credit card, the refund is returned to the original credit card. For purchases made by cash or check, established University procedures are followed, which may take up to four weeks for the refund to be processed. Cash refunds are not permitted by University accounting policy.
- All refund request forms will be accepted by the Service Center, the final decision will be made by the appropriate Assistant Director or Coordinator. If the refund is denied, an explanation as to why it was denied will be provided.
- Refund requests for activity classes are should be submitted before the start of the second class session. Late registration fees will not be refunded.
- Activity classes that do not meet minimum enrollment will be cancelled at least one business day before the class starts. A full refund will be provided.

- Requests for Membership refunds will be considered for separation from the University or documented medical reasons.
- Refund requests will be reviewed by Campus Recreation staff.

## Activity Areas

### General Activity Area Guidelines

- For safety and / or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery or flooring are not permitted.
- Closed toe, closed heel, non-marking *athletic* shoes required.
- Backpacks must be stored in cubbies or day lockers located in activity areas or locker room.
- Do not spit on the floor or walls.
- Audio / video equipment in activity areas is operated by Campus Recreation staff only. IPOD / MP3 docs are provided in studios for use when the studio is not scheduled.
- Activity spaces are available for drop-in use when not reserved for scheduled program class or other scheduled activities.
- Baby strollers / carriers are not allowed in the activity areas or activity classes / fitness classes. Stroller parking is available.

### Activity Area Age Requirements

Area	Age Requirements To Be In Area
All Activity Areas	16 years and older.
Pool, Spa, MAC Court, Track, Basketball Courts, Climbing Wall, Studios  *Activity Classes (with discretion of the instructor/program manager)	15 years and younger are required to be accompanied by a parent/guardian.  * Minors must have parental, departmental, and instructor consent to participate. Parent or Legal Guardian must also sign a waiver for minors under the age of 18.
Pin-loaded weight machines and cardio machines	14-15 years old with direct adult supervision.
Locker Rooms/Restrooms	Youth 6 years and older are required to use gender appropriate locker rooms/restrooms.  Gender inclusive changing rooms / locker rooms are available.
Sauna/Steam Room	16 years and older.

## **COURTS**

- Denim clothing/gear and hats are not allowed during a game.
- Backpacks, personal items and fitness equipment may not be left on the floors.
- All beverages are to be in non-glass, sealable containers. Campus Rec staff reserve the right to determine if containers meet acceptable standards.
- Do not spit on the floors or walls.

### **Basketball**

- Games are first-come first-served.
- Games are regulated by players.
- Snapping, grabbing or hanging from the basketball rims is prohibited.
- Hats are not permitted on gym courts.

### **Volleyball**

- Volleyball is available during designated times in the MAC gym.
- Games are regulated by players.
- Hats are not permitted on gym courts during competitive play.

### **Indoor Soccer**

- Outdoor soccer balls are not permitted in the MAC; indoor soccer balls are available for checkout at the Equipment Desk.

## **BOXING / MARTIAL ARTS DROP-IN AREA**

- Hand wraps or sparring / boxing gloves with hand wraps are required when using equipment.
- Sparring, wrestling and other intensive physical contact activities are not allowed.
- Remove street shoes prior to kicking bag.
- Cease activity if bruising, lacerations, or bleeding occurs.
- Padded foot protection designed for heavy bag use is highly recommended.

## **MAT ROOM**

- Shoes are not permitted on mat.
- Hand-wraps & gloves are required when using bags. See equipment desk for checkout.
- Sparring, martial arts throws, or other forms of physical contact are not permitted during drop-in activities.
- Hanging from or swinging the bags is not permitted.

## **FITNESS CENTER**

- Chalk is not allowed.
- Collars on weight bars are required.
- Equipment must remain in designated weight room areas.
- Equipment may not be elevated, propped, or inclined.
- Do not drop weights.
- Rack weights after use.
- Contact a fitness center room assistant for equipment assistance.
- Allow people to work in between sets.
- Standing on exercise balls is prohibited.
- Backpacks, personal items and fitness equipment may not be left on the floors, benches or ledges.
- Outside equipment may be reviewed by Recreation Center staff.
- Wipe down equipment after using.

## **WEIGHT ROOM AREA**

- All weight training should be performed in a controlled and safe manner. Slamming, dropping or bouncing weights is prohibited.
- Olympic style lifts (Cleans, Snatches and Jerks) are prohibited.
- A spotter is recommended for all heavy lifts. Campus Recreation staff cannot provide spotting.
- Use of equipment other than for its designed function is prohibited.
- Use clips/collars on all Olympic bars.
- Rack Weights after use.
- Dumbbells and weights are not allowed on the track.

## **CARDIOVASCULAR AREA**

- There is a 30-minute time limit on cardiovascular equipment when others are waiting.
- Use of treadmill safety clips is highly recommended.

## **CIRCUIT AREA**

- Area is for circuit use only.
- Begin the circuit at any open station.
- Complete only one set (12 – 20 reps) per station and move to next sequential station.

## **TRACK**

- No spectators. Runners – walkers only.
- Run in direction of arrow indicated at track entrances.

- Run on inside.
- Walk on outside.
- No more than two abreast.

## **STUDIO 1, 2, 3, 4**

- All equipment must remain in the room.
- Return equipment to its original storage location after use.
- Drop-in use is permitted when studio is not scheduled.
- IPOD / MP3 docs are provided in studios for use when the studio is not scheduled.
- No standing on exercise balls.

## **CYCLE STUDIO**

- The lead cycle is for use by Campus Recreation instructors only.
- IPOD / MP3 docs are provided in studios for use when the studio is not scheduled.

## **BOULDERING WALL / CLIMBING TOWERS**

- Valid CSU ID must be presented to Service Center staff prior to climbing.
- All participants must sign a waiver.
- Closed toed footwear and shirt are required to boulder or climb. Crampons or other “non-rubberized” soles are prohibited. No bare feet.
- Loose chalk is not permitted. Chalk use is limited to chalk balls.
- Active spotting and pad placement is required.
- Boulderers on the climbing towers shall not pass higher than 12 feet as indicated on the wall.
- All belayers must be approved by Climbing Wall staff prior to roped climbing.
- Seated belaying is not permitted.
- All personal climbing gear must pass inspection by Climbing Wall staff.
- Rope climbing on the climbing towers is only available during Climbing Wall hours.

## **SWIMMING POOL & SPA**

### *General:*

- Do not run or dive in the pool area.
- Do not perform hypoxic/breath-hold training.
- Do not dunk, push, chicken-fight or other rough play.

- Take a cleansing shower before entering.
- Use provided locker rooms for changing of clothes and diapers.
- Do not enter if you have a communicable disease or open wound(s).
- Keep water in a plastic, resealable container. Other food/drink is not permitted.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.
- Kayaks, canoes, long boards, scuba tanks are permitted only for scheduled / approved programs.
- The maximum capacity of the pool is 399 people.

*Facilities and Equipment:*

- Use only Coastguard-approved floatation devices (a limited supply is available for checkout at the equipment desk).
- Use the toys provided (do not bring personal toys into the pool area).
- Use inner tubes in the current channel only.
- Do not sit on, cover up or plug the spray features.
- Do not climb or walk on piers. They are for on-duty lifeguards only.
- Do not hang on lane lines or basketball hoop.

*Attire:*

- Wear attire specifically designed for swimming. No cut-offs or workout attire.
- Wear flip flops or go barefoot on the pool deck. No street shoes permitted on the pool deck.
- T-shirts are acceptable at the Lifeguard's discretion.

*Children:*

- Children 15 years and younger are required to have the ability to swim 25 yards (to the lifeguard's satisfaction) or be accompanied by an adult swimmer within an arm's reach while using the pool or spa.
- A guardian must be present and within an arm's reach of any child using a floatation device.
- Children should use the restroom before entering.
- Use swim diapers – no paper or cloth diapers.

**Pool Climbing Wall**

- Remain behind the buoy line until it is your turn. A maximum of 3 people are permitted in the climbing wall area at any time.
- Start your climb from the water and not from the deck.
- Do not dive or flip. You must reenter the water feet first.
- Do not climb atop the wall.
- Do not use climbing gear (shoes, chalk) at the pool climbing wall.

**Spa**

- Children under 5 years old are not permitted.
- Children 5 years and older must be within an arm's reach of an adult guardian unless they have passed a swim test with the lifeguard staff.

- Seek medical advice prior to use if you are pregnant or have a health condition.
- Spa capacity is 40.

### **Sauna and Steam Room**

- Must be 16 years of age or older to enter.
- Seek medical advice prior to use if you are pregnant or have a health condition.
- Recommended maximum *total* duration is 10 minutes as excessive exposure can be harmful.
- A cleansing shower is required before use.
- Wear attire specifically designed for swimming. No cut-offs or workout attire.
- For health reasons, exercise is not permitted in the sauna and/or steam room.
- Inform lifeguards if you would like the humidity to be adjusted in the sauna.
- Steam room capacity is 20 and sauna capacity is 30.

## **LOCKERS**

Campus Recreation is not responsible for lost/stolen or damaged items. Do not leave valuables such as jewelry, wallets, audio devices, or credit cards unsecured.

### **Day Use Lockers**

- Campus Recreation is not responsible for any lost or stolen items and strongly recommends that all of your personal belongings are secured. Locks are available for purchasing at the Service Center Desk.
- Locks left on day use lockers overnight will be cut off and contents removed.
- Personal articles may not be secured on outside of locker.
- Backpacks, personal items, and fitness equipment may not be left on floors, benches or ledges.
- Day lockers must be cleared at the end of each night.

### **Rental Lockers**

- Semester and annual lockers are available for purchase on a first-come, first-served basis. Lockers go on sale the first day of classes each semester and will continue throughout the semester.
- Towel service is available for purchase at the Service Center.
- At the end of the rental contract: clear locker of personal items and check out at the Service Center.
- Personal items left in lockers at the end of the rental contract period are held for one semester before being disposed of according to approved University procedures.
- Personal toiletry items such as cleansing products, hair care products, razors, wash clothes, etc., are not held, but disposed of for sanitary health reasons.
- Lockers must be renewed or cleared by the last day of the rental contract or a clearing fee is charged to locker holder.
- Personal articles may not be secured on outside of locker.

# III. OUTDOOR FACILITIES

## General Outdoor Area Guidelines

- Outdoor activity areas are available for drop-in use when not reserved for scheduled program class or other scheduled activities.
- The outdoor recreation facilities are intended for the use by Colorado State University students, employees and their guests.
- Outdoor facilities are open when the Student Recreation Center is open - weather permitting.
- Inline / basketball / volleyball area closures due to Special Events are posted prior to the event.
- Requests for outdoor lights for sports field use may be made to the University Scheduling office.
- Requests for outdoor lights for inline / basketball / volleyball area may be made at the Service Center.
- Requests for outdoor lights on the patio may be made to the Service Center.
- Skateboards and bikes are not permitted at the entry to the Recreation Center or on patio furniture, benches, bleachers, and landscape boulders.
- Glass containers are not permitted in or around the activity areas.
- Damage to personal property on or near outdoor facilities is addressed by CSU Environmental Health Services office.

## Inline Rink

- Only low bounce hockey balls allowed. NO PUCKS!
- Checking is not permitted on the rink.
- Area is intended for in-line hockey only.
- Safety Recommendation: Eye/face protection, helmets and body pads are strongly recommended.

## Lightning, Bad Weather, Field Closures

### Severe Lightning/Thunderstorm Procedures (Thor Guard)

The Thor Guard lightning prediction and warning system will sound an alarm signaling a **red alert period: one - 15 second long blast from the horn and a strobe light on the assembly begins intermittently flashing**. *If the conditions appear unsafe and a red alert alarm has not sounded, common sense should be your guide and activities should still cease despite the absence of a Thor Guard warning.*

All outdoor activities cease during red alert periods and appropriate shelter sought. Campus Recreation staff will clear participants from fields, playing areas, or the challenge ropes course. Participants may be evacuated to the Sport Outdoor Storage Facility, Student Recreation Center, Moby, Aggie Village, or personal vehicles.

When the Thor Guard sensor detects that the danger has passed (a minimum of 10 minutes after the original alarm) it **sends the all-clear signal; three separate - 5 second blasts from the horn, and the strobe light will stop flashing**. After the all-clear signal is sounded, outdoor activities may resume.

## **Field Closure and Notification**

- Fields may be deemed “UNPLAYABLE” at any time by Campus Recreation staff.
- When fields are determined to be unplayable (i.e...standing water, saturation, snow, pouring rain, lack of visibility, freezing temperatures), activity is suspended and/or cancelled to avoid further damage to the field or risk of injury to individuals.
- Traveling Sport Club teams contact the Assistant Director for Sport Clubs (970) 491-2116 or the Associate Director (970) 491-2011 for updated information on game status and field conditions.

# **VI. PROGRAMS**

## **General Fitness Program Guidelines**

- Class participation is on a first-come, first-served basis.
- Participants are not allowed to enter class 10 minutes after class commences.
- Notify the instructor of any physical considerations you have before class begins.
- Non-member participants under 16 years of age must have parental and departmental consent. Waivers are required for non-member minors under age 18.
- Return equipment to designated storage space.
- Mind Body and Indoor Cycling Daily and Unlimited Passes are valid for one semester only and may not be transferred to a following semester.
- Mind Body and Indoor Cycling daily passes are not refundable due to loss, theft or other circumstances.
- Participants are required to sign a waiver before participating in any Fitness fee oriented service or class.

## **Group Fitness Classes**

- Maximum class capacity is determined by space capacity - some classes are self limiting due to available equipment.

## **Mind Body Classes**

- A valid Mind Body pass is required for participation.
- Classes held in the Studio 4 are limited to 50 participants. Some classes are self limiting due to available equipment.

## **Indoor Cycling**

- A valid Indoor Cycling pass is required for participation.
- Cycling class passes do not ensure a position in classes - a reservation can be made 24 hours in advance by calling 970-491-3085.
- Unclaimed reserved cycles are forfeited 5 minutes prior to class start.
- Participants with reservations check in with instructor prior to class start time. Remaining bikes are available first-come first-served.
- Class size is limited to 20 participants.

## **Personal Training**

- Participants must schedule and pay for appointments 48-hours in advance at the Service Center.
- Participants have one year to utilize personal training appointments from date of purchase.
- Cancellations and changes are accepted up to 24 hours prior to appointment.
- Cancellations and changes made within 24 hours of appointment and missed appointments will be charged in full.

## **Massage Therapy**

- Participants must schedule and pay for appointments 24 hours in advance at the Service Center.
- Cancellations and changes are accepted up to 24 hours prior to appointment.
- Cancellations and changes made within 24 hours of appointment and missed appointments will be charged in full.

## **Activity Classes General Guidelines**

- Registrations occur at the Recreation Center Service Center.
- Pre-registration is required. Exceptions may be made with departmental approval. A late registration fee will be assessed.
- All classes considered high risk require participants to sign waivers.
- Minors must have parental, departmental, and instructor consent to participate. Parent or Legal Guardian must also sign a waiver for minors under the age of 18.
- Activity classes that do not meet minimum enrollment will be cancelled at least one business day before the class starts. A full refund will be provided.

## **Challenge Course**

- The Course is available to campus participants and the general public.
- Groups must have a reservation to use the course.
- Final payment is due one week prior to the course date.
- All participants must sign waiver.
- Challenge Course staff must be present to use course.
- All participants must wear closed-toed shoes (no sandals or flip flops).

## **Outdoor Program**

- Participants must be 16 years and older. Minors must have parental and departmental consent.
- All participants must sign waiver prior to participation.
- Pre-registration is required to participate and payment must be made at the time of registration.
- A request for a refund must be received at the Recreation Center Service Center a minimum of 10 days before the first class unless otherwise noted in the Information Sheet provided at the time of registration. No refunds after the refund deadline.
  - Refund requests made prior to the refund deadline are entitled to a refund, less a \$5.00 processing fee.

## Outdoor Equipment Rental Policy

- Deposits for equipment and a rental contract must be signed at the time of equipment pick-up.
- Late returns, dirty, lost, stolen, or damaged equipment is subject to additional fees as outlined on the rental contract.
- Equipment responsibility is solely with the signer on the contract regardless of who used the equipment.

## Sport Clubs

- All participants must sign waiver and membership roster forms and be verified by the Sport Clubs office prior to participation. The full text of the Sport Club Manual is available by request at the Sport Club office.

## Intramural Sports

- Pre-registration is required to participate and payment must be made at the time of registration.
- All participants must sign waiver prior to participation.
- No person may play on two teams in the same event.
  - Exception – playing on one men's or women's softball team and on one coed softball team.
- Intramural team names are reviewed by staff and edited when necessary.
- Intramural professional staff makes final decision on postponements and cancellations.
- The full text of Intramural Policies & Procedures is posted on the Intramural Sports webpage ([campusrec.colostate.edu](http://campusrec.colostate.edu)). All participants are expected to know and abide by these policies.

# IV. MOBY

## GENERAL ACTIVITY AREA GUIDELINES

- For safety and / or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Closed toe, closed heel, non-marking *athletic* shoes required.
- Baby strollers / carriers are not allowed in activity areas / classes. Stroller parking is available outside activity areas.

## Auxiliary Gym

- Spectators are allowed to view activities from the balcony area only.
- Food and coolers are permitted on the spectator balcony or outside the gym.
- Return gym to map condition (see page 18).

## Racquetball Courts

- Racquetball courts are a shared activity area and therefore are available with reservations. For details visit [www.campusrec@colostate.edu](mailto:www.campusrec@colostate.edu) or call 970-491-3085.
- During Campus Recreation reserved recreation times, courts may be reserved 24 hours in advance. Reservations are required. Visit [www.campusrec@colostate.edu](mailto:www.campusrec@colostate.edu) or call 970-491-3085.
- Safety Recommendation: Eye goggles / protection is highly recommended.

## Pool

- Cleansing soap shower is required before entering the pool or spa.
- Appropriate swim-wear (swimsuits or swim trunks) is required. Cut-offs are not appropriate attire.
- T-shirts are acceptable at the Lifeguard's discretion.
- Deck shoes may be worn on pool area deck - street shoes are not permitted.
- Running on deck, pushing, horseplay, throwing people into the air, or "chicken-fighting" (being on someone else's shoulders) in the pool / spa is not permitted.
- Prolonged breath holding / underwater swimming / hyperventilation is considered dangerous activity and is not permitted.
- Participants with communicable diseases or open sores are not permitted in the pool or spa.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.
- Food and gum are not permitted.
- Kickboards and pull-buoys are available for Athletics use only.
- Starting blocks are not available for use by recreational swimmers.
- No hanging on lane lines.
- Diving in areas other than the diving well is not permitted due to shallow water depth.
- Diving boards are for Athletics use only.
- Spectators allowed in bleacher area only.
- Kayaks, canoes, long boards, scuba tanks are permitted only for scheduled / approved programs.
- The maximum capacity of the pool is 65 people.

Swimming pool participants share responsibility for controlling the spread of bacteria / parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues.

Participants are strongly encouraged to be proactive regarding prevention of illness:

- Immediately report fecal contamination to staff so that appropriate disinfection can be administered
- Refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved
- Do not swallow pool water
- Practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom.

# V. SOUTH COLLEGE GYM & FIELDHOUSE

## General Activity Area Guidelines

- For safety and / or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Closed toe, closed heel, non-marking *athletic* shoes required.
- Baby strollers / carriers are not allowed in activity areas / classes. Stroller parking is available outside activity areas.

## Field House

- Use of wall curtain to protect windows is strongly encouraged.
- Damage to facility will be directly charged back to user group.
- Do not use the thin yellow mats, climbing rope, pole vault pit, or any exercise equipment.
- Return Field house to map condition (*posted*).

## Mat Room

- Use of the mats must be requested from Campus Recreation Facility Scheduler.
- No shoes allowed on the mats.
- Users must return mats to the storage closet at the south end of the room.

## Pool

- Cleansing soap shower is required before entering the pool or spa.
- Prolonged breath holding / underwater swimming / hyperventilation is considered dangerous activity and is not permitted.
- Appropriate swim-wear (swimsuits or swim trunks) is required. Cut-offs are not appropriate attire.
- T-shirts are acceptable at the Lifeguard's discretion.
- Deck shoes may be worn on pool area deck - street shoes are not permitted.
- Running on deck, pushing, horseplay, throwing people into the air, or "chicken-fighting" (being on someone else's shoulders) in the pool / spa is not permitted.
- Participants with communicable diseases or open sores are not permitted in the pool or spa.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.
- Food and gum are not permitted.

- Kickboards and pull-buoys are available for lap swim only.
- No Diving.
- No hanging on lane lines.
- Kayaks, canoes, long boards, scuba tanks are permitted only for scheduled / approved programs.
- The maximum capacity of the pool is 45 people.

Swimming pool users share responsibility for controlling the spread of bacteria / parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues.

Participants are strongly encouraged to be proactive regarding prevention of illness:

- Immediately report fecal contamination to staff so that appropriate disinfection can be administered
- Refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved
- Do not swallow pool water
- Practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom