

## SFA Campus Recreation Policies

### General Access

- All patrons must provide a valid SFA ID to use the facility.
  - Validation is assessed by the magnetic stripe on your ID.
  - The software could state someone is not valid for multiple reasons.
  - Please see an Operations Manager or the Facility GA/Assistant Director if a problem cannot be resolved.
- Personal training and coaching is **ONLY** permitted by Campus Recreation Personal Trainers.
- Youth members 16 years of age and above may use the facility without an adult; a driver's license may be used to verify age.
- Children under the age of 16 years **must be supervised by an adult at all times while in the facility.**
  - Children under the age of 16 are only allowed in the facility during Family Hours which are 5 p.m. Friday through Sunday at 5 p.m. (during regular hours of the Fall & Spring semesters), both summer semesters, or any time that classes are not in session (break periods).
  - Children under the age of 16 are not allowed in the weight room area, outdoor fitness area, or cardio floor.
  - Children under 5 years of age are limited to activities at the Outdoor Pool and Courtyard, or the track area if buckled into a stroller.

### Guest Passes

- Student, Faculty/Staff, and Alumni members can sponsor guest entrance into the Student Recreation Center.
- Members are allowed to sponsor up to six guests per day.
- Members requesting to sponsor more than six guests must obtain prior permission from the Facility Graduate Assistant or Assistant Director.
- Guests must have a photo ID.
- Guests are not permitted to check out equipment.
- Sponsoring members are responsible for guest behavior and must remain in the building during the time their guest is participating.
- A sponsoring member must be present in order to obtain a pass.
  - If a guest doesn't have someone they know as a sponsor, they will not be eligible for a guest pass.
  - Guests may not solicit current patrons to sponsor them into the facility.
- Members of the Alumni Association and SFA Faculty/Staff who are not members of the Student Recreation Center may self-sponsor a guest pass for themselves only.
- Community member may purchase a 5-punch card at \$40.00 only.
- The Campus Recreation Department has the right to refuse a guest pass to anyone.

## Attire

- All patrons MUST wear attire that covers their abdomen, nipples, and gluteal fold.
- Patrons must wear athletic, closed-toe/closed heel, non-marking rubber soled shoes in specified activity areas.
  - Alternative athletic shoes (ex: Vibram five finger shoes) are permitted.
- Patrons must wear a shirt at all times inside the facility.
- Staff have the authority to make judgment calls for anything they deem inappropriate.
- Failure to abide by staff directions could lead to loss of privileges.



## **Cardio Floor & Weight Room Policies**

- Audio equipment is prohibited unless it is a personal unit with headphones.
- Personal items, such as backpacks, purses and jackets, must be stored in a locker or cubby space.
  - Day Use Lockers may be found in the locker rooms and cubbies are located in the hallway of the facility.
  - Locks are available for purchase at the Welcome Center.
- Allow others to work-in or take turns.
  - Do not occupy equipment while checking phone, texting, or resting between sets for long periods of time.
  - Get off equipment and let others workout between your sets if you take long rest breaks.
- Limit your cardio workout to 40 minutes during peak times or if others are waiting.
- Return and rack weights in their proper place.
- Do NOT drop weights.
- The use of chalk is prohibited.
- Wipe off equipment when finished.
- Olympic lifts are prohibited.
  - Dead lifts are an exception to this rule.
  - Olympic platform available in the HPE Weight Room.
  - Clarification: shoulder and military presses are allowed with fixed barbells and dumbbells.
- Equipment must be used appropriately.
- Refrain from stepping on benches.
- Weights are not to be placed on benches.
- Members may bring in their own equipment under the discretion of the Fitness Staff.
  - Any items that may damage equipment or cause harm to oneself or others is prohibited.
- Fitness equipment is NOT allowed to leave the fitness areas.
- Personal Training is ONLY allowed by Campus Recreation Personal Trainers.
- Members must be 16 years or older to use the Weight Room and Cardio Floor.
  - A child may be on the Weight Room or Cardio floor if buckled into a child seat or stroller within reach of the parent or guardian at all times.

## **Equipment Checkout**

- Any member may check out equipment from the service desk with a valid SFA ID.
- Members may check out enough equipment to participate in the recreational activity of their choice.
- Members must return all equipment before the end of the day.
- If equipment becomes lost, stolen, or damaged, the member who checked out the item must pay to replace the equipment.
- Sweat towels are available for check out at the service desk and should be returned at the end of the member's workout.

## **Open Recreation Setup**

- Main Gym
  - The main gym courts will be available for basketball, volleyball, pickleball or badminton set-up. Activities will only be set up by the staff on duty and will be set up at staff discretion based on number of patrons served. Peak times will be set up to serve the most patrons (primarily basketball) but can be changed to the other sports if there is enough interest.
- Racquetball/Wallyball
  - The racquetball courts are available for open recreation use unless reserved.
  - A racquetball court can be reserved for racquetball or wallyball through the following procedures:
    - Call the Welcome Center at 936.468.8400 during normal operating hours the day of your reservation.
    - Only same day reservations are available, and must be done one hour in advance (minimum).
    - Come by the Welcome Center in person the day of your reservation.
    - Members may reserve a two-hour block of time on the hour only.
    - Members have up to 10 minutes after the hour to check in or reservation may be cancelled.
- Multi-Purpose Rooms
  - The multi-purpose rooms are primarily used for instructional fitness classes.
  - When not scheduled, the space is available for stretching, small group dance practice, etc.
  - Maximum capacity is 31 people for all group exercise classes, including fitness staff.
- Indoor Track
  - The indoor track is primarily used for recreational jogging.
  - When three or more joggers are together, please run only two side by side.
  - During busy times, the outside lane of the track is for running, the middle lane of the track is for jogging, and the inside lane of the track is for walking.
  - Even dates run clockwise, odd dates run counterclockwise.
  - Strollers are allowed to be used on the track.

## **Music/Television**

- Personal speakers are only allowed in the multi-purpose rooms during open recreation times and at an appropriate noise level.
- The community televisions in the fitness area are set on certain stations with the hope to cover a wide variety of interests.
- Students and patrons are not allowed to change the channel of the community televisions in the fitness area.

## **Photo/Video**

- **Mobile electronic device usage is strictly prohibited in the locker room areas.**
- In order to respect the privacy of all Student Recreation Center members, still and video photography will be closely monitored in the HPE, the Student Recreation Center (including courtyard/outdoor pool).
- If an employee suspects the use of inappropriate shots, that employee has a right to enforce standard removal policies.
- Approval must be obtained in the form of a Press Pass when picture(s) are being taken of the general population. This includes hobbies, personal reasons, newspaper purposes, class projects, etc.
- The Promotions Coordinator will evaluate Press Pass requests for approval. Pictures taken during tours or "memorable pictures" will not require a Press Pass as long as the picture is of a specific thing (ex: climbing wall, basketball courts) and there are not distinguishable patrons in the picture.
- Once a Press Pass request is approved, persons filming must wear the Campus Recreation Department Press Pass while taking photos and must follow the appropriate guidelines.
- Consent must be given by individuals prior to taking their picture/video within the Student Recreation Center (including the courtyard and pool areas).
- Taking and/or distributing inappropriate photos within the Campus Recreation facilities may result in suspension from all Campus Recreation facilities.

## **Lost and Found**

- All lost and found items are to be turned in to the Service Assistant at the Welcome Center.
- The Service Assistants will document and hold the items until they are claimed or for 30 days.
- If an item is not claimed after 30 days, it will be sent to a local charity.

## **The Following Are Strictly Prohibited:**

- Outside food and gum restricted to the lobby and outdoor pool/courtyard
- Alcohol or drugs
- Individuals under the influence of alcohol or drugs
- Beverages not in a sealable container
- Tobacco products of any kind, including e-cigs
- Pets (excluding service animals)
- Bikes, skateboards or inline skates (racks are provided outside)
- Fighting or any inappropriate physical activity including MMA, wrestling, or any other form of grappling
- Inappropriate public displays of affection
- Profane and indecent language
- Spitting or intentionally creating other health hazards