

Recreation Center Facilities Policy

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Issued By: Center for Wellness
Contact: Recreation Center, 814-393-1667

RECREATION CENTER

- Adhere to posted area-specific rules.
- Equipment/physical setups may be assembled by Rec staff.
- ID requirement is in effect for all users.
- No activities involving projectiles thrown, or otherwise, unless authorized by staff.
- No hanging on backboards, rims or nets.
- It is mandatory to swipe your ID or sign in at the entry desk each time.
- Music must be listened to using earphones only. No open music playing is allowed via Bluetooth speakers, phones speakers or any other device.
- Foul or offensive language will not be tolerated.
- Appropriate attire is required (shirt, shorts and shoes); clean non-marking shoes.
- Shirts must be worn at all times.
- No tobacco products allowed.
- The Recreation Center is not responsible for lost or stolen items. Store valuables in lockers.
- All Facility users participate and use equipment at their own risk.
- Appropriate behavior is expected.
- Clothing should not be worn in such a way as to be offensive to other users. Attire that is of an inappropriate/offensive manner is prohibited and patrons will be asked to adjust and/or change attire or asked to leave.

CARDIO/STRENGTH AREA:

- No open toed shoes.
- All footwear must be dry and free of dirt and snow.
- Shirts must be worn at all times.
- For your safety and the safety of others, please remember to use collars during all barbell lifts (bench, curls, tricep extensions, etc.).

- Please refrain from dropping or slamming weights. Any individual who excessively drops weights in a manner that is dangerous to others or damages equipment will be asked to stop. If continued, that individual will be asked to leave.
- Put any weight used back to its correct spot.
- Please refrain from leaning plates against one another (helps avoid chips and scratches).
- Put plates on tree racks when done.
- Wipe down equipment after each use.

INDOOR TRACK:

- Track is for exclusive use of walkers and runners.
- Be alert for runners as you enter the track surface.
- Non-marking, spike-free shoes are required.
- Inside lane is a walking lane.
- Outside lane is a running lane - 8 laps/mile.
- Please honor any posted directional signs.

GROUP FITNESS MPR ROOM:

- No gum, food, or beverage permitted. Only water in a sealed container is permitted.
- Store personal items in secure storage.
- Drop-in use is permitted when the room is not in use.
- Workout at your own fitness level.
- Turn off electronic devices during class.
- Instructors may limit class size.

EQUIPMENT CHECKOUT:

- Rec members and guests are eligible to checkout equipment. All equipment checkout requires the presentation of a valid ID or membership card.
- The ID or membership card will remain at the entrance desk for the duration of checkout.
- Any equipment reported as lost or damaged will be subject to a replacement fee.