



## Rec Sports and Fitness

# STUDENT RECREATION CENTER

### Facility Usage & Guidelines

#### **Eligibility, Fees, and Policies**

Facilities are available to authorized users only. Facility use is a privilege. Please do not expect to gain admittance when you do not have your ID card. Memberships are not transferable — they are for the exclusive use of the identified student or faculty, staff, or manager member and will be confiscated if presented by anyone other than the rightful owner. Those persons found misusing their ID card by loaning (considered theft of services), falsifying or altering in any way, or any unauthorized use, are subject to disciplinary action or prosecution as well as a misuse fee. Authorized users are listed as follows:

**Student:** Graduate and undergraduate students pay campus privilege fees with their tuition, giving them use of the Student Recreation Center during the academic semesters. Students must present their valid University ID card to gain admittance to facilities.

**Faculty, Staff, and Managers:** Faculty, staff, and managers may choose to use the Student Recreation Center by purchasing a facility membership. Presentation of their current University ID is required to purchase facility membership. Faculty, staff, and managers must present their valid University ID card to gain admittance to the Student Recreation Center.

**Guest Policy:** A student or faculty, staff, manager member are allowed one guest per day and must be "host" to the guest. All guests are required to sign in. Guest passes can be purchased at the service desk of the Student Recreation Center at a rate of \$10 per/person/ per day.

The Rec Center member host is responsible for the conduct and behavior of the guest. The member host must remain in the company of the guest at all times while using the recreational sport facilities. When the member host leaves the facilities, the guest must also leave the facilities.

If the guests' behavior warrants her/him being asked to vacate the facilities, the Rec Center member host must also leave. In the same manner, if the member host is asked to leave the facilities, the guest must also leave the facilities. Guest are not allowed to change members host during a single day's visit.

Guest do not have equipment check-out privileges. The Rec Center member host is responsible for checking-out and returning equipment for their guest.

All guests must abide by all policies and procedures of Rec Sports & Fitness. Passes may not be solicited. The management of Rec Sports & Fitness reserves the right to refuse access to any guest.

## **ASSUMPTION OF RISK**

The California State University, Fresno Student Recreation Center strives to conduct all activities in the most prudent manner possible. However, due to the inherent risk of injury in any physical/vigorous activity, it is the responsibility of each participant to be aware that there are some assumed risks involved in participation. All participants are strongly urged to have a yearly medical examination and to carry medical insurance coverage. The State of California, the trustees of the California State University, the California State University, Fresno, the California State University, Fresno Association, Inc., the California State University, Fresno Athletic Corporation, the California State University, Fresno Foundation, and all of said entities' officers, directors, employees, agents, representatives, and assigns are not responsible for injuries including death. Participation in California State University, Fresno Student Recreation Center facilities or programming is completely voluntary.

## **Membership Types & Fees**

### **Faculty, Staff, Manager: \$25.00/month or \$250.00/year**

Faculty, staff and manager memberships can be purchased by the month or the year. Monthly membership will be good for one month from date of purchase. Yearly membership will be good for one year from date of purchase, and includes towel service. As a service, F/S & Managers may purchase a single day pass @ \$10.00 with valid Fresno State ID. See "Daily Use Pass" below.

### **Student Summer: \$30.00** (Valid after graduation until the first day of Fall Classes)

Students who completed the spring semester and new students who are pre-enrolled for the fall semester and have completed "Dog Days" can purchase a summer membership package. Proof of enrollment and University ID are required.

### **Daily Use Pass: \$10.00**

Faculty, staff, and managers may purchase a daily use pass at guest fee prices by presenting their University ID. Daily pass users may host one guest at the daily use pass rate. A daily use pass for faculty, staff, and managers can be purchased at the front desk and is good for the day of purchase and cannot be applied toward a monthly or annual membership

### **Locker Rental: \$45.00/semester or \$120.00/year**

The Student Recreation Center has half lockers available in the men's and women's locker rooms. These are available for rent through the Member Services office by the semester or on an annual basis. All locker rentals include towel service. Personal locks may not be used on rental lockers. Proper identification is required.

## **Locker Renewal**

Locker renewal reminders are posted on each locker approximately two weeks before the expiration date. An e-mail reminder will be sent out two weeks prior to the locker expiration date if an e-mail address is on file. If a locker is not to be renewed, all contents must be removed before the locker expiration date. The lock should remain on the locker. Contents not removed will be impounded. Contents not claimed within thirty days will be disposed of. If lock is not returned, guest will be charged a one time fee of \$25.00

## **Towel Service: \$10.00/semester**

Towels may be rented at the service area or Member Services office on a semester basis.

## **Payment Types**

Payment of membership fees can be made by cash, MasterCard, VISA, or personal check with proper Identification. Checks should be made out to CSUF Association, Inc.

## **Refunds**

Full refund will be granted if made within five business days of purchase. No refund will be given for months when any part of that month has been used and refunds will not be made for any amount under \$25.00. Prices are not subject to any adjustment due to any type of facility closings. Refunds or time extension will not be given when you do not use the facility.

## **Facility Usage Guidelines**

The following rules and regulations governing the use of all recreational facilities have been created to provide equal opportunity and protect the rights of each participant. Staff are employed to interpret and enforce the usage guidelines, as well as posted activity area regulations. As a member of the university community, you have a responsibility to understand and abide by these guidelines and other rulings. If you have any questions or concerns, please contact the Student Recreation Center office.

## **ID Cards**

Participants must possess, and display upon request, appropriate identification. ID cards are nontransferable and are for the exclusive use of the person named on the card. Cards will be confiscated if presented by anyone other than the rightful owner. The Student Recreation Center authorized staff reserves the right to request identification as well as additional photo ID at any time.

## **Camera Use**

For the protection of all our users' privacy, the use of cell phones with photographic capabilities or any other photographic equipment is strictly prohibited in the locker rooms or restrooms. Without prior approval, the use of any apparatus that takes still or moving pictures including photo/video cameras and phones is prohibited. Use of this equipment in other recreation activity areas requires departmental and participant permission. Failure to comply will result in the suspension of your recreation membership, plus possible further disciplinary sanctions.

## **Conduct**

Use of university facilities is a privilege, and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to facilities revoked or modified indefinitely, and/or subject to further University disciplinary action.

## **Entrance/Exit**

Entry and exit of facilities must always be through the designated main entrance/exit. Individuals entering or exiting through non-designated doors are subject to disciplinary action.

## **Food and Drink**

Food and drink are permitted in designated areas only. Glass containers are prohibited at all times.

No spitting on floors, walls, water fountains, and restroom sinks, etc. Failure to comply will result in suspension of your membership privileges.

## **Smoking/Alcohol/Drugs**

Smoking and drink are permitted in designated areas only.

## **Bicycles & other wheeled means of transportation.**

Bicycles, roller skates, rollerblades, and skateboards are prohibited in the Student Recreation Center. Bicycle racks are provided in the southwest corner of the parking lot.

## **Lost and Found**

Rec Sports & Fitness is not responsible for lost or stolen articles. Participants are encouraged to store all belongings securely in lockers. Lost and found articles may be taken to the front service desk. Any items found which appear to be of significant value, will be stored safely. Those items may be claimed through the administrative office of the SRC. All found items will be stored for 30 days. Unclaimed items will be given to the University Lost & Found.

## **Pets**

Dogs, cats and other animals other than guide and service dogs, are prohibited in the facility. (Use of University Buildings & Grounds 20.0.4).

## **Physical Limitations**

If you have a physical limitation and need assistance using our facility, please contact our staff for assistance.

## **Activity Areas**

The activity areas: gyms, group fitness studios, racquetball courts, track, and fitness areas are available for different activities. All participants must wear athletic, closed-toe, non-marking rubber soled shoes on the wooden court surfaces. Street shoes and bare feet are not permitted in any activity area. Footballs, baseballs/softballs, flying disks, and other thrown objects as well as martial arts "weapons," fencing, archery, and sparring equipment are prohibited inside the Student Recreation Center.

## **Sportsmanship**

Good sportsmanship is expected. Fighting, as well as loud abusive or profane language will not be tolerated.

## **Basketball Courts**

Basketball courts are available on a first-come, first-served basis. When full-court (pick-up) games are in progress, "next-on" procedures are in effect. Winners will stay on; next five players challenge the winners. Participants may not grab or hold onto/hang onto basketball rims. Damage to backboards will result.

## **Racquetball/Handball Courts**

Black racquetballs are not permitted in courts. Rubber-soled, non-marking athletic "court" shoes are required for play. All players are strongly recommended to use eye protection during play. Eye protection is available at the equipment check-out counter. The racquetball/handball courts are available through advanced reservations. Eligible participants may reserve a racquetball court in the SRC by calling 559-278-0770 or by stopping by in person. Reservations may be made same day. Court reservations are limited to one-hour per person per day. Individuals who neglect to check in and claim their reservation in ten minutes of their reservation time will forfeit their remaining reservation.

## **Attire**

Athletic clothing is required in the facility. A top, sports bra, and bottoms must be worn at all times. Proper athletic attire must be worn when participating. In order to minimize the spread of bacteria and help keep our patrons healthy and active, a towel is recommended. Jeans and/or street clothes that have rivets on them may not be worn.

Shirts and skins basketball games are not allowed.

Wear non-marking athletic/court shoes in gyms, racquetball courts, and group exercise activity areas.

## **Audio and other music equipment**

Headphones/earbuds are required for audio devices. Loudspeakers are not allowed

## **Check out Equipment**

Checkout equipment is to be returned in the same condition as originally issued. Fees will be assessed if the equipment is damaged, lost, or late. Please inspect equipment at time of checkout.

## **Facility Closures**

Facilities may be closed and/or reservations canceled when warranted (i.e., holidays, special events and maintenance projects). Notification by signage and website.

## **Posted Rules**

Specific policies and activity area regulations are posted on site and must be observed. Verbal instructions issued by staff should be strictly followed.

Not all rules are posted. If staff asks your cooperation, please adjust your behavior. You may make a recommendation to management at a later date for changes you deem might be necessary. Uncooperative patrons will be asked to leave the facility and excluded from its use until following the unsportsmanlike conduct and ejection policy.

## **Informal Recreation**

Unreserved informal recreation activities are available on a first-come, first-served basis with shared usage and challenge rules applying. The designated informal rec activity will take priority over other uses.

## **Organized Activities**

Use of the facilities is for recreational purposes only, and may not be used for coaching or instructional purposes. Organized activities other than those approved by the Rec Sports & Fitness administration are prohibited. No area or facility will be used for private gain, including but not limited to private lessons/training of individuals or groups.

## **Signs**

Signs or posters will not be posted without approval of the administrative staff of the Student Recreation Center. Tape is not allowed on painted surfaces/walls, running track or gym floors.

## **Indoor Track Etiquette**

Practice common courtesy to other runners and walkers using the indoor track.

Running or walking side by side is permitted only when the track is not busy.

The innermost lane is for walking only, the second innermost lane is for walking or running and the outer lane is for running only.

Stretching area is available on the north side of the track. Railings are NOT to be used as stretching aids.

Standing or in any way blocking lanes, bringing accessory equipment onto the track (e.g., weights, starting blocks, balls, etc.), track spikes, and watching first-floor activity from the track. (Exceptions may be made in advance for special events.) are prohibited on the track.

## **Locker Rooms**

The locker rooms are equipped with rental lockers and day-use lockers, washrooms, showers and changing areas.

- It is recommended that all patrons and guests leave no valuables, such as money, wallets, watches, jewelry, etc., unattended/unlocked in their lockers.
- To prevent injuries, glass containers are prohibited in the locker and shower facilities.
- For the protection of all our users' privacy, the use of cell phones with photographic capabilities or any other photographic equipment is strictly prohibited in the locker rooms or restrooms.
- Patrons should double check the lock to ensure it is locked when showering or leaving the area.
- When showering, do not leave soap or shampoo in the shower area or other personal hygiene.
- For the safety and consideration of others, please dry off in the shower area of the locker room.
- Please close all lockers when finished.
- Locks left on day-use lockers overnight will be removed along with the contents.
- Do not leave the doors into the locker rooms propped open.
- All thefts, vandalism or unusual situations should be reported to the SRC building staff.

## **Parking Information**

No one shall be permitted to use University parking facilities without payment of the appropriate fee and/or display of an appropriate permit. The payment of a fee to park does not guarantee space availability. All valid permits are issued solely by authority of the University and are non-transferable. 20 minute, parking meters and Lyles spaces are not covered by parking permits. Parking policies are enforced year round. Parking information can be obtained by contacting: University Police Department, Traffic Operations, 2311 E. Barstow Avenue, Fresno CA 93740 559.278.2950

## **Weight & Fitness Area Policies and Procedures**

Patrons should use extreme caution when lifting weights to avoid potential injury to themselves or others.

Cardiovascular equipment is to be used by one individual for a maximum of 30 minutes. Please be courteous to others.

To avoid congestion and waiting lines, patrons should allow others to work in between sets while using strength training equipment.

1. Closed toe athletic shoes are required. No boots, hard-soled shoes or sandals are allowed.
2. Appropriate athletic attire, such as t-shirts, shorts, warm-up suits and work-out clothing is required. Jeans and or street clothes that have rivets on them may not be worn.
3. Patrons should bring a dry towel to wipe down weight equipment, benches and cardio-machines after use. The towel must be large enough to cover the patron's entire back.
4. Personal belongings such as backpacks, wallets, etc. must be placed in the cubbies under the Fitness Center stairs or in daily use lockers located in the locker room for your convenience.
5. Beverages in plastic, resealable containers are allowed. Beverages are not allowed in the free weight area.
6. All equipment must be returned to its proper location after use.
7. Free weights are not to be used for anything other than their intended purpose. Benches are to be used according to the specifications of the manufacturer and should not be altered by patrons or other equipment in the facility. Please do not use the benches as steppers.
8. Weight belts that may damage equipment must be removed or covered appropriately.
9. Dumbbells CANNOT be dropped to the floor.
10. All free weight equipment must remain in the free weight areas. Free weights are not allowed to go upstairs to the second floor.
11. Weights and bars of any kind cannot be leaned against the wall, pillars, equipment, or mirrors.
12. Walking lunges with free weights is not allowed. A stationary lunge within the free weight section is permissible.
13. Spotters are strongly recommended for all weight lifting exercises.
14. Collars must be used with all bars in the free weightlifting area.
15. Personal Training is not allowed in the facility without SRC approval.
16. Profanity, excessively loud or suggestive language will not be tolerated.
17. Please ask Student Recreation Center staff to adjust blinds if necessary.
18. Please comply with all requests of staff. Failure to do so will result in removal from the facility.
19. Please direct all concerns and maintenance needs to the Student Recreation Center staff.
20. The Rec Sports and Fitness staff reserves the right to make changes without notice, if necessary.