

**University Recreation
Appalachian State University
Indoor Facility Policies**

In order to maintain a high level of service to our participants, University Recreation (UREC) has established policies for all participants to follow. We appreciate your cooperation in creating a welcoming environment for recreation and social opportunities in all of our facilities.

Assumption of Risk and Responsibility

Sports and recreational activities have inherent dangers and physical risks that no amount of care, caution, instruction, or expertise can eliminate.

These dangers and risks include, but are not limited to, the following:

- Loss of or damage to personal property;
- Broken bones, strains, sprains, bruises, heart attacks, heat exhaustion, concussions, paralysis, and other personal injuries, or even death, that could result from tripping, falling, contact with other individuals, exposure to inclement weather, and equipment failure, among other causes; and
- Exposure to contagious diseases.

By voluntarily participating in activities through UREC and using our facilities and equipment,

1. You assume responsibility for all risks and liabilities, known and unknown, that may arise from your participation; and
2. You acknowledge and agree that your voluntary participation is in reliance upon your own judgment and knowledge of your own experience and capabilities.
3. You will comply with all instructions and directions of the UREC staff or Appalachian State University agents, employees or volunteers during participation in any activity or UREC Program.
4. You understand that failure to comply with policies or procedures may result in being referred to other campus departments such as Student Conduct, Human Resources, Academic Affairs, University Police, or others deemed appropriate by UREC.

UREC would like to encourage each individual to consult their physician and obtain adequate personal health/accident insurance prior to participation in our programs. UREC does not provide personal health or medical insurance for participants.

General

NOTICE: PARTICIPATE AT YOUR OWN RISK.

- University Recreation reserves the right to implement any additional policies that protect the health and safety of the facility and its participants.
- Use of University Recreation facilities is a privilege. Anyone who violates policies, engages in verbal and/or physical abuse to employees or participants, engages in criminal activity, or displays disorderly conduct or inappropriate behavior is subject to:
 - Immediate removal
 - Suspension of membership
 - Administrative referral to the Office of Student Conduct or other entities on campus
 - Criminal action
- Appropriate athletic clothing and closed-toe, closed-heel athletic shoes with non-marking soles must be worn unless exceptions are made by UREC staff for the type of activity.
- Boots, cleats, or spiked footwear are prohibited in our indoor facilities.
- Service animals are permitted in/on University Recreation facilities. Other animals are not permitted.
- Bikes, scooters, and skateboards should be stored in lockers or designated areas outside the facility.
- Motorized vehicles are prohibited inside or on the grounds of the facility, with the exception of electric carts to assist persons with disabilities.
- Movement of any equipment or furniture may only be conducted by University Recreation staff. Improper use or unapproved modifications of equipment beyond the manufacturer's purpose are not permitted.
- Use of outside equipment or training materials are prohibited unless permission is received from University Recreation staff.
- Use of amplified sound mechanisms are prohibited.
- Injuries, accidents, or equipment failures should be reported immediately to University Recreation staff.
- The use of tape or other marking materials is prohibited on walls, doors, or floor surfaces unless approved by University Recreation staff.
- Requests for approval to post flyers, signs, or posters are directed to the University Recreation communications staff.
- Anyone requesting to take photographs or video in University Recreation facilities must request permission from University Recreation communications staff.
- We encourage and support persons with disabilities to bring trained assistants as needed. Any trained assistant supporting a person with disabilities may enter the facility at no charge (must be in compliance with guidelines by presenting a valid ID).
- University Recreation programs and services, and approved reservations have facility priority.
- Food is permitted in designated areas. University Recreation allows the admittance and use of non-alcoholic beverages in spill-proof, break-resistant containers only within all University Recreation facilities.

- Glass products, alcohol, smoking, vaping, and tobacco products are prohibited.
- Secure your personal belongings. University Recreation is not responsible for lost, stolen, or damaged items. If you believe an item is lost or if you find an item, contact the staff at the front desk of the facility.
- Lockers are available for day usage to store all personal items. Bring your own lock or check out a lock from the front desk.

Access

General

- All individuals must have a valid membership for access or check in at the main desk as a guest or visitor.
- All individuals must check in at the front desk of the facility. Access is granted through presenting your University official ID card or through scanning the barcode through our [UREC App](#).
 - University Recreation staff may ask to see another form of identification if necessary.
 - Misuse of ID cards or allowing unauthorized users to enter our facilities will result in all participants being asked to leave the facility.
 - Misuse of ID will result in access being suspended until a meeting is scheduled with University Recreation staff for access to be regranted to use the facilities.
- [Membership](#) options are available for faculty, staff, dependents, and alumni. Students paying their student activity fees during the semester/summer term of enrollment automatically have a membership.
- Individuals under the age of 18 should be accompanied in all spaces within the recreation centers by a responsible guardian over the age of 18 at all times. Specific areas may require a certain age of a participant in order to be in the space/participate.

Guests

- All members 18 years of age or older are invited to sponsor up to five (5) guests per visit by purchasing a guest pass for each guest. Guests must enter, exit, and remain in the facilities at all times with their sponsoring member.
- Guest passes are \$10.00 and are valid for that business day. The sponsor may purchase them online with their credit card. In person payment is accepted at the Student Recreation Center via cash or check. Quinn Recreation Center and Mt. Mitchell Fitness Center does not accept payment in person (online purchase only).
- Guests must complete the participant agreement/waiver upon arrival to the facility.

Visitors

- All individuals wanting to visit/tour our facilities must check in/out at the front desk of the facility.
- A self-guided or staff-guided tour of the facility can be provided.

Filming and Photography Requests

- Still photography and filming is permitted for academic use only. This includes photography for a class assignment.
- Prior to filming, please contact Logan Reynolds, Assistant Director of Fitness & Communication, reynoldsla1@appstate.edu. Requests must be received 7 business days prior to the date requesting. A response will typically occur within 48 hours.
- If you receive approval, these guidelines shall be followed:
 - Check-in at the front desk of the facility.
 - Advise University Recreation staff that you have submitted a request and have received approval from our staff to take photographs of the facility for your own academic use.
 - When entering the various facility spaces for your class project, please check in with the staff on duty at these spaces, i.e. lifeguards, climbing wall supervisors, fitness instructors, etc.
 - Photographers must seek permission from participants before proceeding with photography or video. It is the responsibility of the photographer to have signed release forms. Your instructor for class should provide you with copies of these forms.

Fitness Areas (Weight Rooms, Zen Room, Cardio Areas)

- Weight clips are required to be used at all times.
- Spotters are strongly recommended. Safety bars on racks are also strongly recommended.
- Participants should re-rack weights after use.
- Allow others to work in between sets.
- Participants should clean and wipe down equipment/upholstery immediately after use.
- Olympic weightlifting is prohibited, except in the Quinn Recreation Center.
- Slamming or dropping of dumbbells, barbells, and weight stacks is prohibited.
- Use of chalk is prohibited.
- Inverted exercises are prohibited from the top of any machine or squat rack.
- Placing feet against walls is not permitted.
- Equipment must remain in designated fitness spaces.

- Equipment must be used for the manufactured intended purpose only.
- Always notify University Recreation staff if you notice any broken, damaged, or unsafe equipment.
- Personal training instruction is limited to University Recreation employees. Personal trainers not employed with University Recreation may not instruct clients within the facility.
- Anyone under 18 must be accompanied and supervised by an adult sponsoring member at all times.

Functional Training Room

- The maximum capacity for the FUN room is 11 people at any given time.
- No sparring, wrestling, boxing, or other forms of martial arts are permitted with other participants in the functional training room.
- Equipment must remain in designated fitness spaces.
- Gloves must be worn when using heavy bags and speed bags.
- Shoes are required with the exception of kicking the heavy bag.
- Do not remove or alter the punching bags.
- White boards are for University Recreation staff usage only.

Track

- Please use caution when entering and exiting the track.
- Running direction varies each day. Please follow posted directional signage.
- Inside lanes are designated for walking. Outside lanes are designated for running/jogging.
- Equipment must remain in designated fitness spaces.
- Spaces for inverted exercises are located in two corners of the track. Feet may be placed on these walls.
- Spectating or standing on the track is prohibited.

Gymnasium Spaces

- University Recreation programs and services, and approved reservations have facility priority. Otherwise, participation is on a first-come, first-served basis.
- Courts are primarily intended for basketball, volleyball, pickleball, and badminton. Other activities are permissible if supervised through UREC, academics, or considered safe and appropriate as determined by UREC staff.
- Dunking and hanging on the rim are not permitted due to the risk of injury and potential damage of equipment.
- Ask a UREC staff member to set up or remove equipment. Disassembling or moving equipment that has been set-up is not allowed.

Racquetball Courts

- Participation is on a first-come, first-served basis.
- Courts are primarily intended for racquetball and wallyball. Other activities are permissible if considered safe and appropriate as determined by UREC staff.
- Protective eyewear is strongly recommended.
- All metal racquets must have a plastic guard attached to racquet heads.

Group Fitness Classes

- Participation is on a first-come, first-served basis. Check in begins 15 minutes prior to class start time.
- Participants may not enter a class five minutes after the scheduled start time. Entrance is prohibited after five minutes ensuring that all participants arrive early enough to become sufficiently warmed up for the more vigorous parts of the class. Please respect this rule and the instructor when they enforce it.
- Different formats will require different footwear to ensure your safety and enjoyment. In most cases fully closed-toe, fully closed-heel athletic shoes with non-marking soles will be ideal. Classes such as Yoga and Pilates will not require any shoes.
- For cycle classes, participants are welcome to bring cycling shoes that clip into our pedals, but may not remove the pedals and insert their own clips.
- Anyone under 18 must be accompanied and supervised by an adult sponsoring member at all times.

Locker Rooms and Restrooms

- Taking photos or videos in the locker rooms or restrooms is strictly prohibited. Please report violators to University Recreation staff.
- University Recreation honors the stated gender identity of our participants. Gender identity may not be apparent or correspond with stereotypes about physical presentation.
- Single occupancy restrooms are available at the Student Recreation Center.
- Water extractors are reserved for swimsuits only. Towels, soiled clothing or other items may not be placed in the extractors.
- UREC staff will access the locker rooms at various times for safety and maintenance reasons.
- Secure your personal belongings. University Recreation is not responsible for lost, stolen or damaged items.
- Lockers are available for storage of all personal items.
- A parent, guardian or responsible adult (age 18 or over) must accompany children into the appropriate locker room.
- Day-use lockers are available at no cost during hours of operation. The following policies apply to day-use lockers:
 - Use personal locks on day-use lockers within locker rooms.
 - Check out a lock from our front desk during your time in the facility.

- Belongings in day-use lockers must be cleared out before the daily facility closing. Personal locks on day-use lockers remaining will be removed upon facility closing. Present a photo ID and description of your possessions to retrieve items at the front desk of the facility.
- All personal items must be stored completely in a locker.
- Lockers are available for day use only. Locks will be cut and items removed nightly.
- Equipment such as hand dryers and bathing suit dryers should be used for their intended purposes. Please report equipment malfunction or damage to a Facility Supervisor on duty.
- Children over 5 years of age are required to use the appropriate locker room accompanied by a guardian/sponsor of the same sex. A family restroom/changing room/shower are provided on the first floor.
- No cell phone use inside the locker room.
- University Recreation is not responsible for lost, stolen, or damaged items. (Turn in any found items to a Facility Supervisor on duty)
- This facility is being monitored by closed circuit cameras.

Pool

- All Users of the Pool
 - Unauthorized use of the pool without a certified University Recreation lifeguard is prohibited.
 - Hyperventilation and underwater breath holding are prohibited.
 - Patrons must shower before entering the water.
 - No animals except for service animals are allowed.
 - Food, drink, chewing gum, and glass containers are prohibited.
 - Hanging on the lane lines is prohibited.
 - Appropriate swim attire must be worn (No t-shirts, gym shorts, cut-offs, thongs, etc).
 - Jewelry should not be worn in the pool.
 - Pollution of the pool is prohibited (e.g. urination, nose blowing, spitting, etc).
 - Diving, running on the decks, pushing, and other horseplay around the pool are prohibited.
 - No diving in the shallow water or any area to the right of the bulkhead.
 - Starter blocks may only be used under the supervision of an Instructor/Coach.
 - Equipment must be returned to its proper place.
 - Any person showing evidence of any communicable skin disease, sore or inflamed eyes, cold, nasal or ear discharges shall be denied admission.
 - Any person with open blisters, cuts, or bandages shall be denied admission.
 - Any person suspected of being under the influence of drugs and/or alcohol shall be denied admission.
 - Do not enter the water if you are experiencing or recovering from diarrhea, or have had any signs or symptoms of a gastrointestinal disease in the past seven days.

- Conduct that endangers the safety and comfort of others is prohibited.
- Weak or non-swimmers are required to wear a PFD at all times when in the water.
- For the deep end, lifeguards on duty will observe the swimming ability of adults entering the water and prohibit any adult from the deep end that is not a swimmer.
- Kickboards, pool buoys, and other swim equipment are for exercise purposes only and should not be used as flotation devices.
- Pools will be evacuated and closed in the event of adverse weather or any other potentially hazardous situations as determined by University Recreation staff. Access to locker rooms will not be available in the event of a facility emergency/evacuation.
- During a fire alarm, swimmers will evacuate through the exit doors to the outside of the SRC. It is recommended that swimmers be prepared to go outside by bringing a towel and shoes to the pool deck.
- Swim Policies: Infants, Children, and Teens
 - Children must be supervised at all times. Under no circumstances are children to be left unattended.
 - Lifeguards on duty will evaluate each swimmer entering the deep end of the pool if they are unfamiliar with their swim skills by administering the following swim test:
 - Swim across the shallow end of the pool on front 15 yards, tread water 5 seconds, and continue on back to the other side.
 - Children under 12 who are less than five feet tall and are non-swimmers or have limited swimming ability (use flotation devices) must be supervised by an adult in the water within five yards of the child.
 - A parent must be within arm's reach of any child unable to swim and/or using a flotation device.
 - A parent, guardian, or responsible adult (age 18 or over) must accompany children into the appropriate locker room.
 - Parents are not to swim laps while they are with their children in the pool.
 - Children are encouraged to use the restroom before entering the water.
- Infant/Toddler Swimwear Guidelines (3 years of age or younger)
 - Children in diapers must wear plastic pants with snug-fitting elastic waist/leg bands.
 - During swimming time, parents must check diapers frequently to ensure there are no feces in the diaper.
 - If feces are found, exit the pool immediately and inform the lifeguard/instructor.

Indoor Climbing Wall

Please be aware that climbing is an inherently dangerous sport. Climbing or bouldering on any manufactured climbing wall can result in falls, and falling from any height can result in serious injury or even death. If you have any questions or concerns about climbing in this facility or these risks, please speak with a member of the Climbing Wall staff. Safety is the highest priority of University Recreation.

General

- No climbing is allowed without Climbing Wall staff on duty.
- Individuals must obtain a belay verification by passing a safety skills assessment to belay at the climbing wall. Users may climb at the wall who do not take this assessment, provided they are on-belay by a climbing wall staff member or a current belay certification holder.
- Boulder only below the bouldering line. A spotter is recommended when bouldering. Do not traverse under any climbers.
- All climbing above the boulder line must be protected by a top rope belay.
- Climbing shoes or closed-toe, closed-heel athletic shoes must be worn.
- Personal harnesses and shoes are allowed, but the user accepts responsibility for ensuring use and safety of their personal equipment. Equipment should adhere to manufacturer's recommendations for use and care. Personal climbing ropes and hardware are prohibited (carabiners, belay devices, etc.).
- Chalk balls are permissible. Loose climbing chalk is not permitted.
- Anyone less than 18 years old must be accompanied by a parent or guardian at all times. Children five years old and older are allowed to boulder. For children wanting to top rope climb, they must fit securely into a climbing harness and follow staff directions.

Roped Climbing Policies

- Personal climbing ropes are prohibited.
- Do not swing on ropes.
- Individuals must obtain a belay or lead belay pass by passing a Skills Assessment to belay at the Climbing Wall.
- All belayers and climbers must utilize proper belay technique and double-check their set up (partner checks) before beginning each climb.
- Lead climbing involves an increased level of risk. While leading, all climbers are required to clip all appropriate quickdraws on the given route. Skipping quickdraws will not be tolerated and will result in the lead climbing pass revoked.

Bouldering Policies

- Stay aware of your fall lines and ensure that your falling path remains clear at all times.
- Stay alert, be aware of your surroundings and other climbers at all times.
- Be mindful and do not climb above or below another climber.
- Please stand or sit a safe distance away from the top of the wall while not climbing.
- Please keep fall zones clear of any personal belongings or other hazards at all times.
- While bouldering, it is recommended to have a minimum of one spotter per climber.