FACILITY POLICIES

Purpose: To outline the policies in all Recreational Sports facilities

Scope: Patrons & staff

Policy:

I. GENERAL FACILITY POLICIES
   a. Violation of these policies or other violations of the University policy will be reviewed and acted upon appropriately.
   
   b. The following are prohibited in indoor facilities:
      i. Alcoholic beverages, illegal drugs and tobacco products (also prohibited at outdoor facilities).
      ii. Amplified music – headphones/earphones are required for personal stereos (with the exception of the Studios).
      iii. Any activity or equipment (jump rope, prop, etc) that may damage facility floors, walls and equipment Bicycles v. Chalk (unless approved by area supervisor).
      iv. Glass containers
      v. Open flames/candles
      vi. Personal chairs and tables
      vii. Pets (with the exception of service animals and service animals in training in accordance with UGA's Service Animal Policy http://www.uga.edu/eoo/policies/pdfs/ServiceAnimalPolicy.pdf
      viii. Rollerblades, roller skates, skateboards, Heelys, and Hoverboards
      ix. Weapons of any kind
      x. No organized or informal recreational activities may occur in the hallways and corridors.
      xi. Modification of Recreational Sports Facilities and Equipment is not permitted.
      xii. Personal Training in the Ramsey Center and in other recreational facilities can only occur through trainers certified by the Department of Recreational Sports and academic classes regularly scheduled in the facility. Any other personal training, whether for pay or not, is strictly prohibited due to safety concerns and to ensure that no state facilities are used to advance a private enterprise
      xiii. Do not bring valuables to the facilities. Personal belongings should always be secured in lockers. Recreational Sports is not responsible for lost or stolen items. Patrons should inquire about lost items and report suspected thefts to the staff at the Admissions Desk.
      xiv. Items turned into “Lost and Found” are generally kept for four weeks. After four weeks items are donated to charity or discarded as appropriate. UGACards are normally submitted weekly to the UGACard Office.
      xv. Cell phones should only be used in common areas of the facility such as lobbies and hallways. Cell phone usage in locker rooms is strictly prohibited.
      xvi. Food and beverages may only be consumed in designated areas.
xvii. Use or display of abusive and/or profane language is prohibited. Recreational Sports reserves the right to refuse admittance or request individuals to leave the facilities for such behavior or attire at any time.

xviii. Children over age 4 are not permitted in the locker room of the opposite sex. Family Changing Rooms are located on the first floor in the Aquatic Hallway opposite the Recreational Pool entrance doors.

xix. Per University of Georgia Policy, anyone wishing to take pictures or film must obtain pre-approval from the Director or Associate Director of Recreational Sports.

xx. All accidents and injuries must be immediately reported to a staff member.

xxi. Spitting is not permitted in any activity or common areas. Spittoons or trashcans are provided in all areas for this purpose.

xxii. Verbal instructions issued by Department of Recreational Sports Staff should be strictly followed. Failure to abide by any request given by any Recreational Sports Staff permits grounds for removal of the facility and/or membership suspension.

II. S&C SAFETY POLICY

a. Spotters are recommended and are available.

b. Users should always inspect the equipment for loose, frayed or worn parts before using. Report any S&C room related injury or facility/equipment irregularity to the staff on duty.

c. All members are strongly encouraged to ask S&C staff members for an orientation prior to equipment use. Do not use equipment for purposes other than those noted on the station.

d. Patrons must use the emergency off clip while on treadmills.

e. Weight clips are mandatory at all times for barbells.

III. Strength & Conditioning FACILITY POLICIES

a. Patrons are responsible for all Strength & Conditioning policies including those posted on the Rec Sports website.

b. Staff has the authority to enforce all Rec Sports policies. Failure to comply may result in suspension of Rec Sports privileges.

c. Non-UGA student patrons between the ages of 16-18 accompanied by member parent/guardian are able to access Strength & Conditioning rooms during Family Hours listed on our website.

d. Bags of any kind are not permitted in the weight rooms. Recreational Sports is not responsible for lost or stolen property.

e. Food, colored drinks, chewing gum, and tobacco are not permitted in all weight areas.
f. Personal audio devices should be used with headphones only.

g. Proper training attire is required. No street clothes, jeans, or jean shorts allowed. Mid-drift must be covered. Shirts and closed-toed non-marking athletic shoes must be worn at all times.

h. All patrons must wipe off benches and pads after use.

i. Time is limited to 30 minutes on all equipment. Equipment is first come, first serve.

j. Equipment must remain in the weight rooms at all times.

k. All equipment must be returned to the designated location after use.

l. Slamming or dropping of weights is prohibited.

m. No outside equipment is permitted.

n. Personal Training may only be provided by Recreational Sports and academic classes.

IV. ADDITIONAL S&C POLICIES

a. Machine Use - Instructions are clearly provided on each strength machine. Please ask for additional instruction if you do not understand the instructions.

b. Spotters - Spotters are required at all stations in the free-weights area; in particular, when excessive weight is lifted over one’s body. Participants shall use extreme caution in moving equipment and weights to avoid potential injury to themselves or others. Staff is available to assist as necessary.

c. Clips – Clips are required on all barbells.

d. Safety Bars – Safety bars must be in place while performing heavy lifts inside the squat racks. This includes the Smith Machine.

e. Do Not Drop Any Weights – The machines and weights should be used with care. Dropping dumbbells and weight stacks can cause injury, equipment damage, and facility damage.

f. Return Equipment – Users must return bars / weights to their proper storage racks. Failure to do so may result in a loss of facility privileges.

g. Time Limits – Users should be courteous to others by limiting the length of their workout at a single station and by observing posted time limits when others are waiting.
h. Weight Machine Adjustment Knobs – Users should only turn the knob when the weight is completely lowered to the stack. Do NOT attempt to adjust the knob while the weight is in a raised position. This will damage the knob and could result in personal injury.

i. Broken Equipment – If weights, pulleys or other parts become jammed, users should not attempt to free them without staff assistance. Report the problem to the fitness staff on duty.

j. Inspections – Users should always inspect the equipment for loose, frayed or worn parts before using. If in doubt, do not use the equipment and report the problem to a staff member.

k. Keep Body Parts Clear – To reduce the chance of injury, users should keep head and limbs clear of weights and moving parts at all times.

l. Do Not Move Stations – The weight benches/stations are to remain at the original location unless it is an adjustable bench with wheels, i.e.,) bench with the Smith Machine. In this case, the bench is to be returned to its standard location after use.

m. Keep Walls Clear – Weights are not to be propped against the walls, pillars or mirrors due to the risk of damage or injury.

n. Use of Barbells Off – or Out of the Rack – For the safety of all patrons and to protect the facility walls, no barbells may be propped against any wall or any piece of weight equipment for the purpose of performing a “functional training” type exercise, i.e., “landmines”. Bars must remain clear of main circulation areas on the fitness floor.

o. Power / Olympic Lifts – For the safety of all patrons, no power/Olympic lifts (clean and jerk, snatch, overhead press, squat, and the deadlift) are to be performed in the open floor area. These lifts should only be performed on platforms. Users should exercise common sense before attempting an Olympic lift inside the power rack as there may not be adequate room depending upon the size of the lifter. No dropping of weights is permitted.

Procedure:

I. If a patron is violating a policy, the following actions should be taken:
   a. Inform/educate the patron of the policy and ask them to comply.

   b. If the patron refuses to comply and/or continues to behave against policy, contact the manager or UGAPD if needed.

   c. Contact a Facility Manager to complete appropriate incident report.