

Facility Usage Requirements

The following guidelines have been established by Campus Recreation to ensure the fair and consistent treatment of all participants. Questions about guidelines should be directed to a Campus Recreation staff member. It is each member's responsibility to read and understand all general and area-specific Guidelines.

Student Recreation Center Building-Wide Guidelines

- Alcohol and drugs are prohibited in the Student Recreation Center (SRC).
- Being under the influence of alcohol and/or drugs is prohibited in the SRC.
- All drinks need to be in a plastic or metal container with a secure and sealed lid. Glass containers are not allowed.
- Food or colored/flavored drinks are not allowed in the gym.
- Guidelines may be adjusted by staff if any abuse of equipment or perceived endangerment is viewed.
- Tape is not allowed on any floors or walls.

Entrance and Exit

- The SRC is a single entry/exit facility: use the turnstiles located on the main level for both entering and exiting the SRC.
- Other exits are for emergency use only and are monitored with alarms.
- Large equipment and bikes should be dropped off through the OP access doors and then patrons should check in through the turnstiles on the main floor.

Locker Rooms

- The SRC has three locker room spaces - a women's locker room/bathroom, a men's locker room/bathroom, and an all-gender bathroom/locker room located on the main level. Additionally, there are two all-gender bathrooms located on the fitness floor.
- Children under the age of 4 may accompany their adult into the bathroom of the opposite sex, or they may use the all-gender locker room and bathrooms.
- Children between the ages of 4 and 16 should use the all-gender bathroom and all-gender locker room only.
- The all-gender locker room is available to anyone needing special assistance or desiring a private changing area.
- Cell phone use is not allowed in the locker rooms.
- Lockers are available for day use. Day use locks are available to check out from the front desk, or patrons may bring their own day use lock. Day use locks left overnight will be cut. Items will be held at our Lost and Found at the front desk.

- Overnight lockers are available to rent per term - see the front desk for more information.

Fitness Floor

- The SRC does not allow outside personal training. Instruction for pay or trade by outside entities is strictly prohibited and could jeopardize membership privileges for all parties involved.
- To preserve the equipment and improve health conditions, all participants are asked to wipe down equipment after each use.
- If a machine fails to operate correctly, do not attempt to repair or operate it. Notify an SRC staff member about the problem.
- Equipment may not be altered, moved or removed from the Fitness Center or facility.
- To ensure an inclusive environment, inappropriate language, loud grunting or screaming is prohibited.
- Blood flow restriction training is not permitted in Campus Recreation facilities.

Cardio Equipment

- Please limit the use of cardio equipment to 30-minute sessions during peak usage time.

Weightlifting Equipment

- Re-rack all weight plates, dumbbells, and barbells after use.
- Weight collars must be used at all times while lifting in the squat racks. Weight collars and spotters are strongly recommended for bench, decline and incline press.
- No lift of loaded Olympic bars above the shoulders is allowed. Please use the Smith Machine.
- No dropping or rolling weight plates, dumbbells, or barbells at any time. If you cannot control the weight, enlist the help of a spotter.
- No outside weights permitted in the Student Recreation Center.

Power Lifting and Chalk Usage

- Weights need to be under control at all times.
- Do not drop weights. Dropping the weights is harmful to our facility/equipment.
- No lifts of loaded Olympic bars above the shoulders is allowed.
- All bars must remain within the racks or on selectorized frames.
- Chains are not allowed, but many of our pieces of strength equipment have been designed to accommodate bands. Please ensure the bands being used are designed specifically for the lifts you are attempting.

- Chalk is not allowed. It creates a cleanliness issue on the fitness floor. Encouraged alternatives to weight lifting chalk are weightlifting gloves or weightlifters' wrist straps.

Power Rack and Platform

- Weight belt should be used when approaching or exceeding 70% of your personal maximum lifting capability. Weight belts are available at the SRC front desk.
- Lifts not permitted are snatch, clean and jerk. Lifting a loaded olympic bar above head is prohibited.
- Due to the potential for injury presented by these exercises, a limit of 400lbs maximum is placed on the weight bar at one time.
- When using the Smith Machine, catch bars are to be placed at an appropriate height.

Dumbbells and Barbell Usage

- Dumbbells and barbells are not to be dropped from any height, slammed down or thrown down.
- All dumbbells and barbells must be put back on their designated racks after use. Return all dumbbells and barbells to their correct location on the dumbbell or barbell rack after using.
- Users should not rest dumbbells or barbells on top of the upholstery padding. Weights should be placed on the ground between sets.
- Please wipe down all bench upholstery after use to help reduce the spread of diseases.

Fitness Studio

- For health/sanitation reasons, bare feet are not allowed in the fitness studios, except for during a PEA or SRC-instructed class.
- Equipment (sharp or otherwise) that may damage the floor, mats, or mirrors is not permitted. Rosin powder, wax, or other substances which would alter the floor surface are strictly prohibited.
- No weightlifting equipment is allowed in the fitness studios.
- Use caution to avoid contact with the mirror.
- Patrons may only utilize fitness studio equipment if the room is not in use by a scheduled program.

Gymnasium

- Dunking is only permitted only during participation in games organized by Campus Recreation. Dunking or hanging on the rim while not engaged in a game (as defined above) is prohibited.

- Do not move any equipment already set up on the courts. Information regarding the daily activities and schedules are posted outside the gymnasium.
- Do not prop any outside doors open, door alarms are activated.
- The Gymnasium is intended for basketball, volleyball, badminton, indoor soccer, and pickleball. Other activities are not approved unless organized by a Campus Recreation programming area.
- No personal items are allowed on the playing floor. Place items on the bleachers, cubbies or in the locker rooms.

Indoor Track

- 15 laps = mile
- Run and/or walk clockwise on Monday, Wednesday, Friday.
- Run and/or walk counterclockwise on Tuesday, Thursday, Saturday, and Sunday.
- Enter the track with caution.
- Inner lane is reserved for walkers or individuals doing lunges without weights (slow). Outer lane is reserved for runners (fast).
- Faster runners have the right of way.
- Pass others on the outside.
- When walking, please use only the inner lane, no walkers abreast due to the limited track width.
- Use of jump ropes, dumbbells, medicine balls, free weight plates or barbells is not permitted on the track and the stretching areas in the track.
- Items and activities prohibited on the track:
 - Standing or blocking lanes in any way.
 - Using railings as stretching aids.
 - Watching Lower Level activity from the track (exceptions may be made in advance for special internal events).

Punching Bag

- Gloves are required at all times. No punching allowed without gloves. When borrowing gloves from the front desk, patrons must show they have personal hand wraps.
- Chalk usage is prohibited.
- Be mindful of those running/walking on the track, and ensure you are not blocking lanes while using the bag.
- Be considerate and respectful of others, and contribute to the positive atmosphere of the space.
- Close-toed shoes must be worn at all times.
- No gum, candy, or food allowed. Keep liquids in sealed containers. No spitting.

Climbing Center

- Climbers must have a current SRC Assumption of Risk Form, SRC Guidelines Acknowledgement and Climbing Center Guidelines Statement on file in order to participate.
- Loose chalk is not permitted at the SOU climbing wall.
- Climbers must check-in at the OP Desk and obtain the appropriate climbing pass (Bouldering, Top-Rope Belay or Lead Climb and Belay) before and after each visit to the climbing wall.
- Climbing passes must be worn by the climber issued to and be visible at all times.
- Climbers may use personal climbing equipment such as harnesses, shoes, belay devices, carabiners, and lead ropes at their own risk. Outdoor Program staff reserve the right to restrict the use of equipment that is judged to be inappropriate or in poor condition.
- The figure 8 follow-through cleanly dressed with 6" to 8" tail is the only accepted tie-in knot outside of academic courses being taught.
- Climbers should; tuck in loose clothing, tie back long hair, empty pockets, remove jewelry, gum, and candy before climbing.
- Shoes are required when climbing.
- Climbers and belayers are to perform a partner check of the belay systems prior to each climb including harnesses, belay device, knots, rope and partner preparedness.
- To reduce the risk of a hazardous swing stay on route.
- Never climb above the top anchors.
- Climbing without appropriate supervision is prohibited. Climbing is allowed only when the Climbing Center is open and staffed with Climbing Center Student Staff or the instructor on-record for academic classes.
- While lead climbing, climbers must clip all available protection – skipping clips is not permitted.
- Never climb above or below other climbers.
- Spotting is recommended for bouldering.
- All belaying must be conducted from a standing position.
- Report all loose handholds and other problems to the Climbing Center staff.
- Keep fingers, hands, and body parts clear of all hardware (including quicklinks, quickdraws, carabiners, and bolts).
- Belay certifications may be suspended at any point if they fail to adhere to belay assessment requirements. Staff can ask for a retest at their discretion.
- Failure to adhere to Climbing Center guidelines may result in expulsion from the facility.
- Helmets are only required during route setting. Helmets not required during open gym hours.

Esports Hub

- Esports staff are trained to assist with the management and oversight of the Hub. Please follow their recommendations or guidance at all times.
- Individuals who intentionally damage or steal equipment will be financially responsible for repair/replacement.
- Ensure your drink container is spill-proof (no open containers allowed). No food or snacks at the gaming stations.
- Do not change any computer settings, backgrounds, or programs. If you need assistance or experience any issue with the equipment, notify SRC staff.
- Campus Recreation is not responsible for any belongings left behind. Please check with the SRC Info Desk about lost items.
- Be mindful of noise level - use of cell phones and personal speakers must not interfere with others' enjoyment of the Hub.
- All equipment should be returned to your station and computers should be logged out after use.
- Be considerate and respectful of others, and contribute to the positive atmosphere of the Hub.

Accessibility

It is the policy and practice of the SRC to comply with state and local requirements regarding people with disabilities, the Americans with Disabilities Act, and Section 504 of the Rehabilitation Act. Under these laws, no qualified individual with a disability shall be denied access to or participation in services, programs, and activities of the SRC.

Participants are encouraged to contact Disability Resources to request an accommodation in order to participate in SRC activities or if they feel an accommodation is not being met.

Elevator

- The SRC is equipped with an elevator providing access between the lower and second levels of the facility. A fob is required for elevator use, and may be checked out from the Front Desk.
- If you would like SRC elevator access through your personal SOU building fob, please contact a Campus Recreation professional staff member.

Service/Assistance Animals and Pets

- Only service animals are permitted to enter the SRC—all others are prohibited. For more information, please see SOU's Assistance Animal Policy.

- Safety considerations apply to service animals. If a service animal cannot accompany a handler due to direct safety concerns, other accommodations can be provided to allow the individual access to the location or activity.

Emergencies and Evacuation Procedures

- In the event of a serious emergency, the SRC staff will direct patrons out of the building and to a designated evacuation point.
- For your safety, and the safety of others, please follow all instructions given by staff.
- Disregard of posted emergency exit rules may result in suspension of membership privileges.

Member Guidelines and Responsibilities

Code of Conduct

Campus Recreation is committed to creating a safe, comfortable, and enjoyable experience for patrons. The staff will proactively intervene to support an environment where all members and guests can enjoy the facilities and programs free from the following behaviors:

- Foul or abusive language or obscene gestures
- Failure to adhere to facility policies and procedures
- Intoxication or other signs of impairment related to alcohol consumption or illegal drug use
- Fighting, taunting, spitting or making threatening remarks or gestures
- Horseplay that risks the safety of participants or others
- Mistreatment of dumbbells, weights, or any other equipment
- Displays of affection not appropriate in a public setting
- Obscene or indecent clothing
- Any disruption to the progress of a sanctioned activity
- Unsportsmanship conduct
- Obtaining entrance under false pretense

Behavior and Personal Safety

Patrons are expected to display acceptable social behavior while recreating in any of the Campus Recreation facilities.

- When using the SRC please consider your own health history, seek counsel from your health provider, and use common sense. In case of an accident or illness, notify

an SRC employee immediately. Your assistance in promoting safety is greatly appreciated.

- Participation is at your own personal risk.
- The SRC reserves the right to take whatever action necessary to preserve the safety and integrity of its facilities and programs.
- If SRC staff asks for your cooperation, please adjust your behavior. Uncooperative patrons will be asked to leave the facilities and will be excluded from its use until deemed appropriate by the Dean of Students Office.
- Abuse of staff or fighting in any form is not tolerated and will result in expulsion and/or exclusion for a period of time deemed appropriate by the Campus Recreation Department and Dean of Students Office and/or removal by Ashland Police or Campus Police.
- All acts that are considered violations of the SOU Student Code of Conduct shall be reported to the Dean of Students Office for disciplinary action.
- The SRC is not responsible for lost or stolen items. Please help maintain a secure environment by watching your valuables carefully and notifying staff if you see something out of the ordinary.
- The SRC has an announcement system to alert patrons to the end of operation hours. All patrons are expected to be prepared to exit the facility after the announcement that the facility is closed. Individuals who delay their exit from the facility may lose membership privileges.

Misconduct and Ejection Policy

If a participant(s) or spectator(s) in a Campus Recreation program or facility are ejected or suspended from any facility (indoor or outdoor), program, contest, or activity, they are immediately ineligible for further access or competition in any Campus Recreation program or facility until they are cleared by both Dean of Students Office and Campus Recreation department. Furthermore, any participant or spectator who violates Southern Oregon University and/or Campus Recreation policies and procedures may also be suspended until they are cleared by the Dean of Students Office and Campus Recreation.

It is the participant's responsibility to schedule an appointment with the appropriate SRC Professional Staff member to review their behavior after completing the Dean of Students Office requirements. This meeting will determine subsequent eligibility to participate in any Campus Recreation program or to utilize facilities.

Participant repercussions are to be determined during the appointment with Campus Recreation Professional staff (i.e., self-imposed penalties are not considered). SRC Professional Staff decisions may be appealed to the Campus Recreation Director; however, suspensions remain in force during the appeal process.

Anyone who commits, incites, or aids others in committing any of the following acts of unsportsmanlike or misconduct shall be subjected to disciplinary procedures after any sanctions provided by the Dean of Students Office.

- Hitting, striking, or pushing a Campus Recreation employee (student or professional)
 - **Disciplinary Action:** Indefinite suspension from Campus Recreation programs and/or facilities. Petition for reinstatement will be considered by the appropriate Assistant Director/Coordinator after a minimum of one calendar year.
- Hitting, striking, or pushing another participant, spectator, user, member, or guest
 - **Disciplinary Action:** Indefinite suspension from Campus Recreation programs and/or facilities. Petition for reinstatement will be considered by the appropriate Assistant Director/Coordinator after a minimum of one calendar year.
- Threatening physical harm towards a Campus Recreation employee (student or professional), participant, user, member, guest, or spectator
 - **Disciplinary Action:** Indefinite suspension from Campus Recreation facilities and/or programs for a minimum of one term.
- Verbally abusing, swearing or defaming a Campus Recreation employee (student or professional), participant, user, guest, or member
 - **Disciplinary Action:** Indefinite suspension from Campus Recreation programs and/or facilities for a minimum of one month.
- Acting in a way which would cause equipment or facility damage (including spitting, snorting, screaming, etc.), and/or injury to a person
 - **Disciplinary Action:** Indefinite suspension from Campus Recreation programs and/or facilities for a minimum of two weeks.
- Failing to cooperate and respond honestly to injuries or requests for assistance in identifying individuals who may be involved in incidents -
 - **Disciplinary Action:** Indefinite suspension from Campus Recreation programs and/or facilities for the individual and/or their team, club, or organization.
- Entering, using, or accessing any facility or program illegally such as using an assumed name or an SOU ID card illegally/inappropriately -
 - **Disciplinary Action:** Indefinite suspension from Campus Recreation programs and/or facilities for a minimum of one week. Possibility of membership revocation.
- Personal conduct situations that are not covered by other provisions not stated in the above items will be dealt with in an appropriate manner by the Assistant Director/Director. Any incident of unsportsmanlike or inappropriate behavior will be forwarded to the Dean of Students and/or Campus Public Safety for additional appropriate action.

- All acts that are considered violations of the SOU Student Code of Conduct shall be referred to the Dean of Students Office for disciplinary action.

Clothing Standards

In an effort to promote safety, and to prevent additional wear and tear on the facility/equipment, all members and guests must adhere to the clothing standards to utilize the SRC.

- Shirts/tops must be worn while inside the facility and on the Deck. Tops must cover the nipples and chest area. Bottoms must cover the buttocks and groin area while moving. Clothing must be conducive to active movement.
- When using the fitness floor equipment, bottoms must be free of rivets, zippers, and buttons to prevent wear on the equipment.
- Closed-toe shoes are required at all times on the Fitness Floor, Indoor Track, and while participating in activities in the Gymnasium. Closed-toe shoes are not required in the Climbing Center, Outdoor Program lobby, during instructed fitness classes in the multi-purpose studios, or locker rooms. Barefoot lifting is not allowed in the SRC.
- Shoes that will leave marks, scuffs, or dirt on wood floors in the Gymnasium or Studio are not allowed.
- Due to increased risk of injury, it is recommended that jewelry be removed prior to participating in any activities or before utilizing any equipment in the fitness areas.
- SRC staff reserve the right to determine if attire and footwear meets clothing standards and may deny access to anyone.

Bags and Personal Items

- Please store all personal items in a locker, on a wall hook or cubby. Cubbies are available throughout the facility or day lockers are available in both locker rooms. Locks are available for day use from the Front Desk, or you may use your own lock.
- Campus Recreation staff shall not hold equipment, valuables, skateboards or bags for patrons or guests.
- Unattended items will be collected and considered lost if they are not stored in a cubby or locker. Please visit the Front Desk for lost and found items.
- Lost and found items will be stored at the SRC Front Desk for a minimum of one week before being relocated to Stevenson Union.
- Personal items, such as sweatshirts and additional articles of clothing, should not hang on cardio and weight equipment. Items can fall and become lodged in moving equipment.

Bicycles and Other Wheeled Vehicles

- The SRC supports the use of alternative transportation; however, wheeled vehicles (e.g., bicycles, skates, skateboards, longboards, and scooters) are prohibited in the SRC.
- Bicycles, skateboards, and longboards may be parked in the racks provided outside at the owner's risk. Bicycles and scooters locked to fences, handrails, or signs risk being removed.
- Skates and foldable scooters carried into the building must be stored in a locker.

Cell Phones, Photography, and Video

- The use of cell phones is permitted inside the SRC (except for locker rooms) provided they do not interfere with others' enjoyment of the facility.
- Cell phone use is not allowed in the locker room. If inappropriate use is suspected, the Dean of Students Office and Campus Police may be contacted.
- Patrons may listen to music through headphones only, no external speakers may be used, unless connecting to facility bluetooth in a designated area.
- Patrons may take photos or videos of themselves in the facility provided no other patrons will be in the image. If one wishes to take photography/videography that includes other patrons, a Campus Recreation Professional Staff must give approval for photography/videography to be taken within the SRC facility.

Music and Speakers

- Limit your personal music to headphones at appropriate volumes.
- SRC staff have the right to ask individuals to turn down or turn off the music.
- Patrons may use the facility's bluetooth speakers in the gymnasium, the fitness studios and the Climbing Center. Music must be played at a reasonable volume and not contain explicit content. SRC staff have the right to turn down or turn off bluetooth access at any time.

Electronic Surveillance

For your safety and security, video cameras that can be monitored are located throughout activity areas of the SRC (not in locker rooms, restrooms, or changing areas).

Damaged or Unreturned Equipment

- Lost equipment will be billed to the individual to whom it was checked out.
- Damaged equipment (ie. walls, mirrors, weight or cardio equipment, etc) will be assessed to the individual who caused the damage at current retail prices for repair or replacement.
- All equipment is due back to the SRC Front Desk 10 minutes prior to closing time.

- Any equipment not returned by the closing of the building will be billed as lost equipment.

Smoking and Tobacco

- Smoking, “vaping,” and tobacco use is prohibited in the SRC.
- Any individual who violates this policy may be subject to sanctions under the Code of Student Conduct, or referral to the Dean of Students Office.
- Individuals may smoke outdoors, at least 25’ from any building entrance or space.

Lost and Found

- Please contact the SRC Front Desk regarding lost or missing items.
- Lost items will be kept for a minimum of one week; items that remain unclaimed will be sent to the general University lost and found in the Stevenson Union.
- All unclaimed IDs/cards will be sent to the Campus Public Safety at the end of each week.
- Campus Recreation is not responsible for lost or stolen items.

Advertising, Solicitation, and Publicity

- Flyers or posters should not be posted within the facility without the approval of Campus Recreation staff. All printed material should be left at the front desk to be posted.
- Tape is not allowed on any walls, painted surfaces, or gym floors.
- No flyers or posters are permitted on the exterior of the building.
- Solicitation is not allowed in or around the SRC without permission from Campus Recreation or SOU Administration.
- The SRC may not be used for private or commercial purposes unless such activity has been approved by Campus Recreation Administration. Examples of prohibited activity include, but are not limited to: personal training, private instruction, sales, solicitation, etc.

Comments and Concerns

Please direct comments and concerns to the SRC Front Desk or a Campus Recreation Professional staff.