

POLICIES AND INFORMATION 2023-2024



Welcome to Campus Recreation!

Along with opportunities to stay physically active, develop healthy lifestyle habits and create new friendships with a variety of people, Campus Recreation aligns with the mission of Student Affairs to help complete the development of students by offering a variety of opportunities in leadership through employment and participation. The Campus Recreation staff hopes that you will take advantage of all offered opportunities to help guide you in becoming the best version of yourself.

Vision

Campus Recreation's vision consists of offering a large variety of quality recreational services, continually expanding the range of program offerings, and keeping the costs at a reasonable level for participants. Major efforts are underway to increase awareness of health, wellness, staying fit, and its impact on improving school performance. Campus Recreation provides healthy lifestyle-oriented programs and services oriented towards students.

Campus Recreation has established a Code of Conduct for all participants to establish a friendly, healthy, positive, and an all-inclusive environment. Your cooperation is appreciated in creating a healthy, safe, and positive environment.

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Participant’s Code of Conduct

Participation is a privilege. By entering the facilities, all participants agree to adhere to the following Code of Conduct: Participant expectations:

- Treat the Campus Recreation staff, facilities and equipment with respect and care.
- Act with character and courtesy while respecting the rights, welfare and dignity of all participants and staff.
- Adhere to the rules and policies set forth by the Campus Recreation staff and the University.
- Act in a safe, responsible manner regarding yourself, others, the equipment, and the facilities.

Participants engaging in inappropriate behavior or violating Campus Recreation/University policies may be subject to having their participation privileges revoked and could face university disciplinary action.

Assumption of Responsibility

The following applies to all Campus Recreation programming and facilities: Neither Stanislaus State nor Campus Recreation accepts any responsibility for ill health or injury sustained while participating in any of the Campus Recreation offerings. No medical or ambulance expense incurred by a participant will be paid by the Department or the University. Participation is on a voluntary basis. Use the facility at your own risk. Participation in any physical activity involves inherent risk; even when safety precautions are utilized, injuries and accidents can occur. It is recommended that all participants undergo a prior physical examination and carry some form of health and accident insurance. CSU does not provide personal health or medical insurance for participants. If an injury does occur, it should be reported to the nearest Campus Recreation staff member. In the event that blood is involved in an injury, that person cannot continue to participate until the wound is properly cleaned and dressed. Any clothing with blood should be removed.

General Information

Campus Recreation provides a wide range of activities to meet the recreational needs of a diverse campus community. General information and staff members can be reached by calling the Welcome Desk at 209-667-3705. Additional information and updates may be obtained from the Campus Recreation website at <https://www.csustan.edu/campus-recreation> and at our social media pages listed below:

Instagram	https://www.instagram.com/campusrec2
Stockton – Instagram	https://www.instagram.com/stkcampusrec2
Twitter	https://twitter.com/campusrec2
Facebook	https://www.facebook.com/csustanrec2
Youtube	https://www.youtube.com/channel/UCqoqmKQRkDhX8qByx19YdzA
Snapchat	Username: campusrec2
Campus Recreation App	Stan State Campus Rec

Contact Information:

Mailing address:	Victor Lucatero, Campus Recreation Director
Campus Recreation	Michael Cunha, Operations Specialist
Stanislaus State University	Joshua Levesque, Fitness Coordinator

<p>One University Circle Turlock, CA 95382 Main Line: 209/667-3705</p>	<p>Joshua Bermudes, Admin Support Coordinator - Stockton Campus Victor Lucatero, Intramural Sports, Aquatics, and Outdoor Adventures</p>
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Facilities

Campus Recreation offers many activities to help students achieve the benefits of a healthy lifestyle. This facility houses a Cardio Room with pin select stack weight machines and cardio equipment. The facility also houses a Weight Room with free weights and multiple squat racks. Aside from offering dedicated rooms, the Student Fitness Center also offers a variety of activities on Rec Court including, but not limited to, Group X classes and Intramural Sports. Sanitation stations are located all throughout the facility.

Campus Recreation’s Warrior Stadium Complex and Soccer Training Complex serve the needs of the Athletics Department for team operations and camps. *When not in use by our proud Stanislaus Athletes, the track* is available for recreational use by members and Kinesiology classes. The Campus Recreation Intramural Field serves as the primary outdoor field space for programming of Intramurals and for group reservations. The Climbing Boulders are primarily for recreational climbing. Free climbing shoes are available to rent for bouldering use.

We stress the importance of our members’ health by placing sanitation stations at all our facilities.

Facility Reservations

Facility reservation requests can be made by submitting the appropriate event information on 25Live, which is Stanislaus State’s online location database and event scheduling tool. Reservations are restricted with priority to recognized student organizations. Please allow four weeks prior to the dates requested for processing. Requests submitted less than four weeks prior to the event date cannot be guaranteed. Facility reservation agreement is not guaranteed until confirmation has been posted on 25Live. For a complete listing of reservation procedures please see the Reservations and Scheduling section or visit our website: <https://www.csustan.edu/campus-recreation/campus-recreation-facilities-reservations>.

Hours of Operation

Please visit our website at: <https://www.csustan.edu/campus-recreation> for an updated listing of facility hours during the academic year. During holidays, term breaks, and the summer months, hours may be adjusted to reflect University closings and to reduce costs of operation. Information regarding hours during these times will be posted.

Parking

The parking lot adjacent to the Student Fitness Center does not belong to our department and users must display a current Stanislaus State parking pass. You will be ticketed by University Police if you do not display the proper pass. Automated parking ticket machines are at the entrance to the campus off Geer Road to allow others to park near the Fitness Center for a nominal fee.

Programming

Campus Recreation offers fitness and recreation-based activities in-person including Group X classes, Warrior Personal Training, fitness competitions, Intramural sports, and open swim sessions. Campus Recreation partners with other departments on Student Health 101 and Wellness programs.

General Campus Recreation Policies

As part of Campus Recreation’s mission to achieve the highest standards for its participants, policies have been developed to help ensure a fair, fun, and safe environment. The policies apply to all facilities and activities that are associated with Campus Recreation. Campus Recreation policies are both specific to the department and in accordance with University policy. Violation of policies can lead to suspension or loss of privileges from facilities and Campus Recreation programs along with additional consequences from Stanislaus State.

- Verbal and/or physical abuse toward an employee of Campus Recreation or a participant will result in immediate dismissal from the facility/playing field, with a possible suspension of all recreational sports privileges. In addition, such incidents will be turned over to Student Affairs and/or University Police for further review.
- Abuse of property will not be tolerated. Violators may be subject to disciplinary process and asked to leave the facility immediately.
- No sparring involving physical contact, implements, or weapons that the Campus Recreation Staff deem unsafe is not allowed.
- Strollers are restricted to the public hallways and restrooms and are not allowed in recreational activity areas or on competition surfaces.
- Any clothing item that has enough blood on it that could be transferred to another surface when touched must be taken off and put in a biohazard bag.

Age Restrictions Information

Must be 18 years or older to enter and use the facility.

Exceptions to age policy:

- Regularly enrolled Stanislaus State students
- Participants in organized programs and pre-approved youth sponsored tours/visits/activities/events

Student Fitness Center Memberships

- Students enrolled in the current semester pay the Campus Recreation fee with tuition. A “Campus Recreation and Release and Informed Consent” form is signed at the first visit and is valid for a year.
- Students paying the fee in the Fall Term will have access from “Dorm Move-In-Day” of the fall term to the week before the start in the spring term. (Approximately mid- August – late January).
- Students paying the fee in the Spring Term will have access from the 1st week of the spring term to the week before classes start in the fall term. (Approximately late January – mid August).

Students enrolled through University Extended Education/Open University do not pay the Campus Recreation use fee with tuition. Extended Ed students have the option to pay the current applicable Campus Recreation fee.

Faculty, Staff and Alumni Membership information, eligibility and pricing are available on our website:

<https://www.csustan.edu/campus-recreation/memberships>, at the Campus Recreation Office or by phone (209) 667-3705. Memberships can be purchased with credit card. NO state dollars are collected to maintain and/or operate the Student Fitness Center. Unauthorized use of any of the facilities is strictly prohibited and should be reported to staff immediately.

The following policies will apply to those purchasing memberships:

- Participants assume an obligation to conduct themselves in a manner compatible with this recreation facility.
- Anyone violating rules outlined in the policy handbook will be directed to exit the Student Fitness Center immediately.
- Employees and Alumni of Stanislaus State must be 18 years of age or older to be eligible to purchase a membership.
- In order to maintain eligibility for all the benefits of Student Fitness Center membership, members must remain in good standing, you are not serving a suspension for violating Campus Recreation policy, and you are abiding by all Campus Recreation rules.
- Memberships that are paid for in full and later cancelled before the end date will be subject to paying for the amount equal to the 1-month membership charge times the number of months used plus a \$40.00 administration charge for cancellation.
- To apply for a refund, members must complete a “Campus Recreation Request for Refund” form and turn in to the Student Fitness Center front desk.

- No refunds shall be issued for any given month after the first day of that month regardless of number of visits that month. Members purchase the right to enter the Student Fitness Center during all open hours; whether they do so or not. Failure to visit the Student Fitness Center is not acceptable justification for a refund.

Guest Policy

Members are now permitted to sponsor guests to use the facilities at this time. Guest pass fee will be \$15 per day. <https://campusrecreation.csustan.edu/GuestPass/GetProducts>

Student Fitness Center Special Pass

Visiting professors, conference attendees, guests of Stanislaus State, and camp attendees may be eligible to purchase a day or month pass while visiting the campus and must be pre-approved by the Campus Recreation Director. All participants are required to carry their personal I.D. and “Campus Recreation Special Guest Pass” with them at all times while using the facility. Any questions involving fees or eligible participant policies should be brought to the attention of a Campus Recreation full time staff.

Valid Identification

For participants’ safety, the Student Fitness Center digital ID checks for entrance to the facilities. Individuals who leave the facility to run or exercise outdoors must check in again to re-enter the facility. The following are valid IDs for entrance:

- Warrior Card and Biometric Identification
 - Students will be verified that Campus Recreation fees have been paid for the current semester.
 - Faculty, Staff and Alumni will be verified that membership fees are current.

ID Misuse

ID cards may be used only by the owner. ID cards used by individuals other than the owner will be confiscated and University Police called. Both individuals involved receive an immediate four (4) day minimum suspension from all Campus Recreation facilities along with possible further suspension pending the outcome of the review by the Director and the SROC committee. Incidents involving Faculty, Staff and Alumni carry the same penalties and will be referred to the Human Resources Office on campus.

Standards of Conduct

Student Fitness Center members and guests assume an obligation to conduct themselves in a manner compatible with Stanislaus State’s function as an educational institution. When individuals agree to join the Student Fitness Center or purchase a guest pass, the person indicates, by their registration, that they agree to act courteously, cooperate with staff, and display good behavior. All members and guests are encouraged to exercise good judgment in caring for the safety of others as well as themselves and the equipment. Guidelines of Conduct include but are not limited to the examples outlined below.

ALCOHOL/DRUGS: The Student Fitness Center is an alcohol and drug free facility. Members or guests suspected of being under the influence of alcohol or drugs will be directed to exit the facility.

COMPUTERS: Utilizing personal computers in the lobby/hallway are to be used in an appropriate way. Members caught “surfing” indecent web sites or pornographic/sexually explicit web sites and/or downloading pictures onto the screen will lose their membership privileges.

STOLEN ITEMS/ LOST AND FOUND: The Student Fitness Center is *not responsible* for lost or stolen items. Even when locked, valuables should not be left inside a locker or in plain sight. Members are encouraged to contact University Police to report stolen items. It is strongly recommended that members not bring valuables into the Student Fitness Center when working out. Please give all items found within the Student Fitness Center to the desk attendant. Items will

be logged and stored for a brief time until forwarded to University Police. Warrior ID cards will be sent to the University Student Union Information Desk.

DISORDERLY/DISRUPTIVE CONDUCT: The Student Fitness Center staff has the authority to demand that unruly members and/or guests leave if their conduct necessitates such action. Use of obscenities, insulting language, swearing, profanity, yelling, pushing, fighting, vandalism, hanging from basketball rims, dropping weights, not re-racking weights, spitting on floors or in drinking fountains, harassment and/or hazing of other members or staff, and/or violating the Student Fitness Center rules and regulations are prohibited. Such actions could include, but are not limited to any activity that might reasonably bring embarrassment or emotional, psychological or physical harm to an individual or might degrade or otherwise compromise the dignity of an individual.

FIGHTING: Any member or guest who, in the judgment of the Student Fitness Center employee, engages in a fight or attempts to fight (strikes a person in a combative manner, throws a punch, kicks an individual, and/or *retaliates* against an aggressor) and an *injury (any act that causes an accident report form to be filed)* is suffered, shall have their privileges suspended for no less than one year (365 days). Fighting may include only one individual or more than one if an individual does more than protect themselves by fighting back, retaliating, or responding aggressively. Attempting to fight with a staff member, while on duty, is prohibited and the person will have their Student Fitness Center privileges suspended for a period of no less than two years (730 days). As outlined in campus regulations and policies, participants are subject to the possibility of official proceedings and punishment from Law Enforcement officials if they threaten or abuse staff, another member or a Student Fitness Center guest. Copies of the Incident Report form when there is violence, the threat of violence occurs, or a major violation of the Student Fitness Center rules will be forwarded to the necessary authorities.

SUSPENSION: Failure to comply with the Student Fitness Center rules outlined will result in a suspension. Suspensions may extend from one day to one (365 days) year or more depending on the circumstances surrounding the suspension and any prior record of disruptive conduct. If warranted, a member will be suspended for one or more years and will only be allowed to reenter if they petition for reinstatement.

APPEALS: A written appeal of a decision must be submitted within 48 hours of notification. Appeal letters should be delivered to the Student Fitness Center Director, who shall evaluate the appeal and forward all appropriate requests to the Student Recreation Oversight Committee for a formal hearing. Appeal hearings are the responsibility of the SROC. A valid appeal must concern either a misapplication of one of the Student Fitness Center rules or misinterpretation of the policies and procedures outlined within the Campus Recreation Handbook. Upon receipt of an appeal, the SROC will host a hearing at the next available meeting time. Recommendations to uphold an appeal must be approved by a majority vote of the SROC.

The Stanislaus State Student Code of Conduct is available at:

http://www.csustan.edu/JudicialAffairs/documents/Student_Code_of_Conduct.pdf.

Health & Safety

IT IS STRONGLY RECOMMENDED THAT MEMBERS AND GUESTS HAVE A MEDICAL EXAMINATION PRIOR TO UTILIZING THE FITNESS CENTER AND PARTICIPATING IN CAMPUS RECREATION PROGRAMS OR BEGINNING AN EXERCISE PROGRAM.

INSURANCE: Individuals participate at their own risk. Individuals are encouraged to obtain adequate health and accident insurance prior to participating in any physical activity.

FIRE ALARM: If an alarm sounds, everyone must exit the facility immediately. Fire drills will be held regularly to ensure members and guests are aware of emergency procedures. During an evacuation, please remain calm and cooperate fully with staff. ***Pulling a fire alarm misleadingly is strictly prohibited and is punishable by law.***

EXIT ALARM: If an exit door alarm sounds in an exercise room, everyone in the exercise room must exit immediately and check in again at the front desk. Unauthorized use of alarm may lead to suspension.

TELEPHONES: Telephones are not for personal use, they are for Campus Recreation business use only.

SAFETY & SUPERVISION: ALL members and guests are responsible for maintaining a safe environment. Cooperation of everyone is necessary to ensure the Student Fitness Center operates properly.

WEAPONS AND FIREARMS: NO weapons or firearms of any kind are allowed in the Student Fitness Center. Participants in possession of a weapon or firearm of any kind will be denied access and required to exit the facility. Members participating in Martial Arts should alert the staff of any questionable item(s) prior to entering. Items which could be perceived as harmful must check in with the Welcome Desk.

STEROID WARNING: Use of steroids to increase strength or growth can cause serious health problems. Steroids can cause heart disease, stroke, and damaged liver function. Men and women using steroids may develop fertility problems, personality changes and acne. Men also experience premature balding and development of breast tissue. The unauthorized sale, use or exchange of anabolic steroids IS STRICTLY PROHIBITED.

DANGEROUS ACTIVITY: Activity that is destructive or appears to be unsafe is prohibited and will result in retribution of repair costs and expenses relating to the destructive or dangerous act. Traditional *outdoor sports* may NOT be played in the Student Fitness Center, including football, Frisbee, rugby, lacrosse, baseball/softball, etc. These events must be altered to protect the facility and the safety of members.

HAZARDOUS WASTE:

If Hazardous waste is found in any Campus Recreation facility, it should be reported and handled by Campus Recreation Staff. Items recovered through this manner will be bagged and recorded before sending to Safety and Risk.

ALL INJURIES (MINOR & MAJOR) SUSTAINED WITHIN THE FACILITIES AND CAMPUS RECREATION MUST BE REPORTED TO THE NEAREST STAFF MEMBER IMMEDIATELY. Also, please report all unsafe conditions or equipment to a staff member immediately. Keeping participants safe is the number one priority for Campus Recreation. All Campus Recreation professional staff and student staff are certified in First Aid/CPR/AED and are trained to provide limited emergency care to participants if needed until professional emergency care can arrive.

In the event of an emergency, participants are required to report all accidents, incidents, or injuries to the nearest employee so proper care can be provided as quickly as possible.

If an ambulance or emergency personnel is necessary, participants are asked to contact Campus Recreation staff immediately so emergency procedures can be activated that include contacting Stanislaus State University Police. Participants are asked **NOT** to dial 911 directly from cell phones which may lead to a delay/confusion in getting the necessary help to the injured party. Student Fitness Center employees may not transport injured victims due to risk management issues.

In any injury situations, the injured person (when possible) and any witness will be asked for personal information and questions related to the injury/incident for a university accident report. This documentation is required for the Risk Management office.

Use Policies

The Student Fitness Center offers participants a safe, complete workout in cardiovascular conditioning, flexibility, and strength training. Participants have the opportunity to work out on their own in the fitness area, participate in Group Exercise classes, or sign up for organized activities and services. To provide a safe workout environment, we require that all participants adhere to the following policies and procedures when utilizing the facilities. It is recommended that you warm-up and stretch before your workout and cool down and stretch after your workout.

Alcohol/Tobacco

Beginning September 1, 2017, Stanislaus State will be a completely tobacco-free, smoke-free, and vape-free campus. All tobacco products, including cigarettes, hookahs, chewing tobacco, smokeless tobacco, vape pens and e-cigarettes will not be permitted in or outside any buildings or in parking areas.

Individuals who appear to be under the influence of alcohol and/or other drugs will be reported to University Police and asked to leave the facility, as well as those who do not follow the tobacco-free policy. The University Police will be called to assist individuals who do not cooperate, and a letter will be sent to the Dean of Students concerning violation of University rules and regulations.

General Activity Area Policies:

- Adhere to all posted rules in the Facility and the Student Fitness Center Participant Handbook.
- The building must be vacated **5 minutes prior to** closing time.
- We are not responsible for personal items left unattended.
- DO NOT work out if you are sick or injured.
- DO NOT unplug any equipment.
- Wipe down all equipment after use with sanitary wipes.
- Non-marking, closed toe, athletic shoes must be worn in activity areas. Examples of prohibited shoes include, but are not limited to, cleats, sandals, socks, and hard soled shoes. Exceptions are group fitness classes.
- Wear appropriate athletic attire, including shirts or tops at all times in public areas of the Student Fitness Center.
- No unsupervised use of the facility.
- No food or gum allowed in the activity areas.
- Only water containers with sealable lids are permitted.
- Misuse of equipment will result in suspension of use of the entire facility.
- Participants are not allowed to use themselves or others as additional weight resistance when performing exercises on equipment.
- Animals, with the exception of service animals, are not allowed in the Student Fitness Center.
- All wheeled-devices including: mopeds, bicycles, electric scooters, razor scooters, skateboards, roller-skates, rollerblades, and hoverboards are not permitted to enter the building. All ADA designated assistance devices and wheeled backpacks are permitted.
- Equipment such as weights, plates, barbells, dumbbells, etc., may not be removed from their designated rooms.
- Direct any questions on equipment use to Campus Recreation staff.
- Report any equipment issues or injuries to the student staff on duty immediately.

Equipment Checkout

Miscellaneous sports equipment may be checked out with your Warrior ID card/Fusion System. Indoor sports equipment is designated for use in the facility only. The individual checking out the equipment is responsible for that equipment. **PARTICIPANTS WILL BE ASSESSED THE FULL REPLACEMENT COST OF ANY ITEM(S) DAMAGED OR NOT RETURNED.** Further use of the Student Fitness Center will be suspended, and the individual will be placed on hold with the Cashier's Office until payments of all bills are made in full.

All checked out equipment must be returned to the front desk 10 minutes before closing.

Cardio Equipment Use Policies

- Obey the 30 minute time limit when others are waiting for cardio machines.
- Wipe down cardio equipment after use with supplied wipes.
- Report any problems with equipment.

Free Weight Area Policies

- Weight collars are required on all weight bars when using any plate loaded equipment.
- When permitted, participants must use a spotter when lifting weights over themselves.
- Do not drop the weights or weight stacks. Lift within your ability level.
- Liquid chalk is permitted. Please clean after yourself when using liquid chalk.

- **NO dry/powder chalk use is permitted.**
- Olympic style lifts, deadlifts, etc. must be performed within power racks/platform area.
- Do not drop weights for any reason unless in the platform area.
- Participants must always control weight during Olympic style lifts.
- Re-rack weight plates, bars and dumbbells to their correct location and rack after use.
- Dumbbells are not to be dropped, slammed down or thrown down.
- Participants are not allowed to rest dumbbells on top of the upholstered utility benches, machines, chairs, or cubby shelves.
- Dumbbells are not allowed to be added to weight stacks as additional weight.
- Standing on or jumping on/off benches is not allowed.
- Allow individual persons doing single set circuit training to work through when performing multiple sets or while working out as a group.
- Weight equipment cannot be moved out of the weight room.
- Wipe down equipment after use with supplied disinfectant wipes or sprays.

Pin Select/Stacked Weight Equipment Policies

- Check that pin is completely inserted into weight stack before using.
- Adjust each machine to put you in the proper position for lifting.
- Do not add weight plates onto the pin in the stack. Only use weight provided by manufacturer.
- Do not slam weight stacks. Maintain control of weight during entire repetition.
- Allow individual persons doing single set circuit training to work through when performing multiple sets or while working out as a group.
- Wipe down equipment after use with supplied disinfectant wipes or spray bottles.
- Report any problems with equipment.

Student Fitness Center Rec Court Policies

- Only proper athletic clothing and athletic shoes are to be worn.
- Non-marking shoes only. No turf shoes, street shoes, or bare feet are permitted.
- Dunking or grabbing the rim or backboard padding is strictly prohibited.
- Fighting and abusive language will result in ejection and suspension from all facilities.
- Food, gum, tobacco products or drinks are not permitted.
- Participants may not wear hats during play.
- Participants must always wear shirts.
- No personal items are allowed on the playing floor. Place items in a day locker or cubby.
- Basketballs cannot be left on the court or sidelines.
- Do not move any equipment set up on the courts. Ask the Student Fitness Center staff for assistance with equipment set up or removal.
- Kicking or throwing of a basketball and/or other equipment toward the ceiling, wall, and scoreboard is prohibited. Violators will be asked to leave the facility immediately and will be billed for damages.

Warrior Stadium Track Use Policies

- All users must check in at the Student Fitness Center front desk with their Warrior ID card/Fusion System.
- Only proper athletic clothing and athletic shoes are to be worn.
- Gate must always remain closed.
- Only the outside 4 lanes of the track should be used.
- Always stay off the field.
- The track is only available during facility daylight hours and when there are no reservations, athletic games, or practice.
- Any unauthorized use from a non-membership user will be dismissed immediately.

Boulders

Participation is voluntary. The Student Fitness Center shall not be liable for any injuries that occur. Participants are responsible for their own safety. To provide a safe environment the Student Fitness Center requires that all participants adhere to the policies and procedures when utilizing the facilities.

- The boulder area will be closed to use during inclement weather. *A sign will be posted when a closure is in effect.*
- Using a spotter and crash pads while bouldering is highly recommended.
- Chalk balls only. No loose chalk.
- Misuse or dangerous behavior will result in suspension of use of ALL Student Fitness Center facilities.
- Loose jewelry and loose items should be secured or removed for your safety.
- No bare foot bouldering. Closed-toed and closed-heeled athletic footwear is required in all activity areas. Tennis shoes with non-marking soles or climbing shoes are required in this area.
- BOULDERING IS A DANGEROUS ACTIVITY. USE AREA AND ELEMENTS AT YOUR OWN RISK!
- TOPPING OUT AND STANDING ON THE BOULDER TOPS ARE NOT ALLOWED.
- Keep all gear and personal items away from the base of structures.
- Only non-breakable water containers with sealable lids are permitted.
- No food or gum is allowed in the boulder area.
- Report any equipment issues or injuries to the Student Fitness Center staff on duty immediately.
- The Student Fitness Center is not responsible for personal items left unattended.
- Only authorized Student Fitness Center staff can move holds.
- Only authorized Student Fitness Center staff can set routes.
- Prohibited footwear includes cleats, turf shoes, metal or rubber spiked shoes, golf, dirty shoes, boots, dress shoes, sandals, flip-flops, croc style, open back slip-ons, open shoe suspected of damaging or marking the surface. All shoes must be cleaned before climbing.

Bikes/Skateboards/Rollerblades

To protect our patrons and facilities, participants are not allowed to ride or use items such as bikes, skateboards, rollerblades, or related items inside the facilities. All bikes must be locked to the bike racks and skateboards to be locked to the skateboard racks outside the facilities. Campus Recreation is not liable for any stolen/missing equipment.

Proper Workout Attire

To provide the highest level of safety and prevent additional wear and tear on equipment and machines, all participants are required to wear athletic workout type clothing that is comfortable and non-restrictive. Participants not adhering to the proper workout attire policy will be asked to adjust as needed or to exit the facility.

Attire Allowed

- **Waist-Up:** Long or short sleeved t-shirts, manufactured licensed work out tops.
- **Waist-Down:** Athletic shorts, aerobic shorts, running shorts, bike shorts, scrubs, and short or long exercise or warm-up pants.
- **Shoes:** For safety, closed-toed and closed-heeled *athletic footwear* is required in all activity areas. Preferably tennis shoes with non-marking soles.

Attire NOT allowed

- **Waist-up:** Cut or torn shirts, dress shirts.
- **Waist-Down:** Jeans, jean-shorts, non-athletic belts, cargo style shorts/pants, dress pants and cut-off pants.
- **Prohibited footwear includes:** Cleats, turf shoes, metal or rubber spiked shoes, golf shoes, muddy shoes, dirty shoes, boots, dress shoes, sandals, flip-flops, croc style, open back slip-ons, open-toed footwear, athletic shoes that mark the floors, any shoe suspected of damaging or marking the floor.
- **General:** Clothing with metal rivets, sharp or abrasive objects that can cause unnecessary wear and tear on equipment are NOT allowed.

NOTE: Adherence to the above policy will provide fairness to everyone while preserving the floor covering from undue damage. ***If a participant is found to be wearing unacceptable shoes, he/she may be liable for damages; they may NOT continue their activity unless they change footwear; members and/or guests may NOT continue to participate in socks or bare foot.***

Personal Hygiene

Expectation is that certain aspects of personal hygiene are followed. Cases involving these issues will be handled individually and discreetly between Student Fitness Center staff and participants. Full cooperation in each matter is appreciated.

- NO spitting in the water fountains, on floors, on walls or in corners.
- Clean all pads and equipment with disinfectant wipes or sprays following use.
- Wear clean, fresh, and appropriate workout clothing.
- Please refrain from using heavy fragrances while working out.
- Avoid workout areas and equipment when ill with contagious virus/cold.
- Cover open cuts or sores with proper materials.

Locker Use

Day-use lockers are for 3 hour use. Lockers that are not cleared by the end of the 3 hours will have the contents removed, bagged, and tagged to be claimed when the participant visits the Student Fitness Center front desk. Participants may check-out keys at the Student Fitness Center front desk. A participant who locks himself/herself out of a locker will need to check in at the Student Fitness Center front desk to have the locker opened. Participants are responsible for any cost associated with lock cutting (i.e. replacement cost) or lost key situations.

Music

Playing music on personal speakers is not allowed, therefore it is encouraged for members to bring personal headsets. Campus Recreation staff is responsible for controlling the type of music and volume level for any facility where music is played on a central system and will not interfere with any other university policy or university group that may be in the facility. The use of facility stereos and “boom boxes” is not permitted without approval.

Photography

To better serve and protect the privacy of our participants the use of photographic equipment is not permitted inside the facility during open recreation or classes offered without prior permission from a full-time Campus Recreation staff member. This includes professional equipment or cell phone cameras. Violators will be asked to present their photos and/or asked to leave the facility and speak with University Police if they do not cooperate. With the addition of online Group X classes, via Zoom and Instagram Live, the unauthorized recording of live feeds is also a violation of this clause and may result in further punishment.

The use of photo equipment on Student Fitness Center fields is not prohibited during club or intramural sports events but people shooting photos must check in with staff overseeing the event, report themselves and get the permission of opposing players and the team they want to photograph.

Student Fitness Center staff members are trained to approach individuals with photo equipment to confirm that they have followed the outlined steps for taking photos.

Pets

Pets are prohibited from entering all facilities and fields, with the exception of service animals. Owners of the service animals are required to clean up any pet waste that occurs in the facility and surrounding areas.

Literature Distribution

The distribution of leaflets, brochures, and advertisements is prohibited in the facilities and surrounding grounds unless approved by the Director of Campus Recreation. The use of sidewalk chalk on any surfaces outside facilities is also prohibited. To post materials, please contact the Director of Campus Recreation.

Food/Beverage

Food may not be consumed in the facility but can be consumed at our outdoor picnic tables. Spill-proof water bottles are permitted in the facility. No open cups allowed in the facility.

Inclement Weather

In accordance with University Policy, Campus Recreation will be in operation, if the University closes due to inclement weather. Hours and programs will be adjusted accordingly as staff is available to safely open a facility. Information will be posted on our website, <https://www.csustan.edu/campus-recreation>. In cases of natural disasters (i.e., earthquake, tornados, flooding, excessive heat, etc.); Campus Recreation facilities may be designated as safety shelters and be closed for recreational activity to support emergency action plans.

Fitness Classes

Group Exercise classes are scheduled by the Student Fitness Center. A list of class offerings and class descriptions will be made available in the Campus Recreation Student Fitness as well as the Group Ex webpage:

<https://www.csustan.edu/campus-recreation/fitness/group-exercise-classes>. Members do not need to pre-register for these classes. Attendance can start or end at any time. At this time, additional fees will not be charged to members. Class cancellations will be given in as much notice as is possible and signs will be posted in the Campus Recreation Student Fitness website and on social media platforms as soon as it is known.

WARRIOR PERSONAL TRAINING

This is personal training tailored to help you reach your desired fitness level. Your exercise program will be personalized to help you excel in your fitness goals. The Student Fitness Center personal trainers will discuss your exercise and health history, as well as your personal goals then prescribe an exercise regimen to fit your needs.

Let a trainer help you: increase energy, decrease body fat, tone and strengthen muscle, increase flexibility, optimize time during workouts, achieve personal fitness goals, stay motivated and consistent, decrease risk of injury, improve cardio health, lower blood pressure and cholesterol, improved quality of life, begin exercising for the first time, train like a competitive athlete, learn proper biomechanics and methodology.

Fitness Assessment

Includes body composition, cardiovascular endurance, flexibility assessment, muscular strength and endurance. The assessment is required for all first-time participants.

One-on-One Select Personal Training

An efficient workout program designed just for you to improve your health and fitness level! *Must complete a Fitness Assessment session with your chosen trainer.*

Two-on-One Personal Training (2 Individuals to 1 Trainer)

Do you have similar training goals as a friend or maybe you want a partner to attack your fitness pursuits with the additional support and encouragement? Then hit the training floor and experience the challenge together. It is recommended that your training partner be of a similar fitness level. Requires both clients at each session. *Must complete a Fitness Assessment with your chosen trainer.*

Group Personal Training

One way to get great personal training at a more affordable rate is to do group training. Come in with a minimum of three people and get great workouts and tips from one of our personal trainers. It is recommended that all clients in your group are at a similar fitness level. All clients must be present at all training sessions. *Must complete a Fitness Assessment with your chosen trainer.*

All sessions (assessments and personal training) are 60 minutes and must be purchased in advance. Only Student Fitness Center Personal Trainers are allowed to conduct personal training in the Fitness Center.

Cancellations and Tardiness

Sessions must be cancelled 24 hours in advance to avoid being charged for a no-show. Participants will be charged for all no-show sessions. All clients and trainers are required to arrive at the scheduled time. If you are more than 15 minutes late to your session, you will be charged for the full session.

Refunds and Expirations

There are no refunds for sessions purchased. Refunds or credits will not be issued for unused sessions. All sessions expire by the end of the current semester/term. See the WPT website: <https://www.csustan.edu/campus-recreation/fitness/warrior-personal-training> for session expiration dates.

How to Sign Up

Complete all registration forms available on the <https://www.csustan.edu/campus-recreation> or WPT website: <https://www.csustan.edu/campus-recreation/fitness/warrior-personal-training>. Once fees are paid you will be contacted by a trainer in 2 – 3 business days.

Returning Clients

Clients who have completed the number of sessions purchased must re-submit their registration packet. The fitness assessment does not need to be redone.

RESERVATIONS AND SCHEDULING

The reservations and scheduling of the SRC Student Fitness Center must agree with the following policies that have been established to minimize conflicts and ensure quality recreational opportunities. All activities shall be compatible with the designated purpose/design of the facility; unsafe activities or those that are incompatible with the designated purpose or design are prohibited. Activities shall be suitable to the respective area with the safety of the member supported at all times. A Student Fitness Center Facility Reservation Agreement and proper procedures must be followed before a 25Live request will receive final approval. Please allow six weeks prior to the dates requested for processing. Reservations finalized less than six weeks prior to the event date cannot be guaranteed and may be bumped for other groups.

Priority Use

The facilities shall be scheduled to host a variety of Recreation-based activities in sufficient quantity and quality to maximize the facility. The priority usage of the facility shall be to support recreation services to Student Fitness Center members. The following guidelines describe the ranked order of usage during academic periods:

- 1st Priority** – Campus Recreation, Intramural Sports, Fitness and Wellness Programs
- 2nd Priority** – ASI and University Student Union (USU) sponsored events
- 3rd Priority** – Chartered Student Clubs and Organizations
- 4th Priority** – Residential Life Programs
- 5th Priority** – Other University department uses approved by the Campus Recreation Director
- 6th Priority** – 3rd Party users approved by Campus Recreation Director or designee

A Student Fitness Center facility use request is not guaranteed until confirmed. On occasion, outside groups shall be granted space inside the Student Fitness Center. Lead times vary; however, the earlier a completed Student Fitness Center Facility Reservation Agreement and signed contract is completed, the better chance for approval.

Advance Reservation and Reservation Timing

- A. Reservations will be confirmed based upon “first come-first serve” in the priority order listed in the Priority Use section. Once the event is confirmed it cannot be bumped or altered to accommodate another user unless approved by the event coordinator.
- B. All reservations must be submitted at least four weeks in advance of the requested date. The meeting with the Campus Recreation Director to discuss event details must occur no less than five (4) weeks prior to the event date.

- C. Reservations scheduled during regular operation hours (hours posted on the Campus Recreation web site) must conclude fifteen (15) minutes prior to the official closing of the building (e.g., the building closes at 12:00 a.m., the reservation must conclude at 11:45 p.m.).
- D. Reservations that occur during non-operating hours will incur additional staffing fees.

Campus Recreation Director or Campus Recreation Reservation Coordinator

- A. Receive, review, approve, and confirm facility use requests within 10 working days of the request.
 - 1. Consideration may be given to requests not meeting advance notice requirement but the director or reservation coordinator is under no obligation to do so.
- B. Determine if a facility use fee will be charged for the approved event and obtain agreement from the event coordinator.
- C. Determine if an event monitor will be present at the event and obtain agreement from the event coordinator to pay the cost.
- D. Notify University Police, Facilities Services, or other university service provider of services requested for the event.
- E. Obtain approval for the event from the Risk Manager and coordinate obtaining any required event insurance, insurance certificate and/or liability waivers.
- F. Prepare the written documentation required to secure any usage deposits and/or fees or service charges, including additional charges approved on the facility use request.
- G. Monitor events in the Student Fitness Center to determine that the event attendees are abiding by facility use policies and procedures. Designated Campus Recreation staff will have the right to immediately terminate a facility use agreement and request that the group vacate the premises if facility use policies and procedures are being violated. Deposit and facility use fees will be forfeited if this should occur.

Bumping

Short-term events or ones that benefit a large number of students shall bump activities during prime time with approval.

3rd Party Groups/Reservation

The facilities shall be scheduled for outside groups if member service standards are not compromised and the event is not during prime time. Occasionally, events booked on campus may spillover into the Student Fitness Center. These events will only be scheduled if the Student Fitness Center is essential to book the activity.

Fees

- A. There will be no facility use fee or overhead charges for:
 - 1. ASI Recreation and Wellness programs
 - 2. ASI and USU sponsored events
 - 3. ASI and USU events are responsible for their own set-up and clean-up related to their reservation. Should services be required prior to the event, during event, or after the event, a service charge will apply.
 - 4. ASI and USU will be responsible for any repair costs applicable to damages that occurred during the event.
- B. There will be no facility use fee for chartered student clubs or organizations unless admission is being charged for the event. If admission is being charged the normal facility use fee will apply. All student club or organization events are subject to fees for services provided (i.e., event monitor if after hours, media, room setup, custodial, and public safety).
- C. All other university users and non-university events will be charged a facility use fee that includes a reimbursement for standard services, as well as total reimbursement of additional service charges.
- D. An authorized University account number and contact information will be required for facility reservations for all university events and activities.
- E. All facility use fees are based on a per-hour charge. Non-university users will pay a two-hour minimum. SRC Student Fitness Center facility use fees will be approved each year by SRC Student Fitness Center operating committee and the university CFO.
- F. Security/Reservation deposits will be required for all events and activities. The facility reservation agreement shall address the use and refund of reservation deposits.

- G. Events requiring use of protective floor covering (for food and beverages and/or tables and chairs in activity spaces) will incur additional set-up fees to be determined by the SRC Student Fitness Center Director or Reservation Coordinator.
- H. All facility use deposits will be 50% of total fees and must be paid three weeks prior to the scheduled event to guarantee the reservation.
 - 1. The remaining balance must be paid 7 working days prior to the event starting.
 - 2. A revised invoice will be issued for any additional fees incurred (i.e. damages).
- I. Groups reserving space assume liability for any damages resulting from their event.

Facility rental fee grants use of the specific room or area. General use of the changing rooms, cost of utilities, and equipment set-up/clean-up costs may be extra. The basic rental rates listed on the Campus Recreation website.

Personal/Monetary Gain

Unless previously approved, it shall be prohibited to use the Student Fitness Center for commercial groups or individuals that sponsor events and/or activities that duplicate non-credit courses or programs. Unauthorized or profit-making ventures, meetings, teaching, coaching, personal training or instruction is prohibited.

Cancellation of an Facility Reservation

- A. All adjustments and cancellations pertaining to reservations must be emailed to the Director and must occur at least 3 working days prior to the scheduled event.
 - 1. Cancellations submitted less than 10 working days prior to the scheduled event start date will result in forfeiture of the facility deposit.
 - 2. Cancellations submitted less than 3 working days prior to the scheduled event start date will result in forfeiture of all fees paid.
 - 3. Cancellation of a multiple date reservation once the scheduled activity has already started must be sent to the Campus Recreation reservation email as soon as possible. No refunds will be issued.
- A. All ASI, USU, and chartered student organization reservation cancellations not reported to the Directors email will incur a twenty five dollar (\$25.00) charge. Repetitive cancellations without notice will result in loss of reservation privileges.
 - 1. All ASI, USU, and chartered student organizations will incur a twenty five dollar (\$25.00) charge for reservations cancelled less than 10 working days prior to the scheduled event start date.

Comments and Suggestions

Members wishing to express a concern, suggest an improved service or praise an employee are strongly encouraged to speak to a Student Fitness Center employee and complete a comment card. These forms can be found at the Front Desk and are reviewed weekly by the staff and are occasionally posted.

Members also have the option to download the Stan State Campus Rec app, available on the App Store and Google Play Store.

Vending/Catering/Concessions

Student Fitness Center and University policies must be followed and pre-approved.

The Student Fitness Center is not responsible for loss of money or malfunctions of vending machines.

Call 1-800-414-5747.

Aquatics Policies

See the Aquatics website at <https://www.csustan.edu/aquatics>.

COVID – 19 SAFETY PROCEDURES

The best practices in maintaining safe classroom and campus spaces are encouraging completion of the daily self-screening and wearing of face coverings. It is not the role of the faculty or staff to enforce safety protocols. However, faculty and staff are encouraged to manage these situations with tact and de-escalation practices. Steps a faculty or staff member may take if a person is non-compliant include the following:

- Addressing the situation through an educational and developmental approach. Every effort should be made to resolve the issue.
- If the behavior continues, ask the student to leave the space and refer the incident to the student conduct administrator.
- If a student is asked to leave, and the student continues to cause a disruption, staff should contact the University Police Department (UPD) for support.

Daily Screening Protocol

The California Department of Public Health mandates the enactment of enhanced mitigation measures to slow the spread of COVID-19, a communicable disease. Stanislaus State's Injury and Illness Prevention Program applies to all University employees, volunteers, students, and visitors. It applies to all University programs and activities.

The Daily Screening Protocol is mandated by the COVID-19 Interim Guidelines for Institutions of Higher Education.

County Health Order (Current to CDC Guidelines)

The California Department of Public Health requires all Higher Education Institutions to conduct symptom screening of faculty, staff and students for potential COVID-19 symptoms before they enter campus. If someone has a temperature at or above 100°F or meets the symptom criteria, they must be prohibited from entering the campus.

Employee Screening Process:

Every employee must complete the Daily Screening Form each day before coming to campus. If an employee answers "NO" to all questions, a message will advise the employee they are CLEARED to come to campus.

The employee's supervisor, or Dean for Faculty, will receive an automatically generated email indicating that the employee is CLEARED to come to campus.

Face Coverings

COVID-19 Precautions for Fall:

Face coverings are required indoors, regardless of vaccination status. Face coverings are not required outdoors if physical distance can be maintained. Please note: Stanislaus County has mandated face coverings when indoors.

Face coverings should:

- Fit snugly against the side of your face;
- Cover your nose and mouth;
- Be secured with ties or ear loops; and
- Allow for breathing without restriction.