

University Recreation Facility Policies

It is expected that each user of the Student Recreation Center (SRC) or Student Activity Center at Presidential Village (SACPV) recognize the role of modeling acceptable social and moral behavior and contribute to a positive atmosphere. **ALL** users are expected to adhere to the policies and procedures approved for all UREC facilities. The use of inappropriate language, gestures, or actions in communication with patrons or University Recreation staff, both student and professional, may result in the immediate revocation of UREC privileges.

I. Member, Guest & Spectator Access Policies

a. Members

- ALL University of Alabama students, faculty, staff and University Recreation members must present a valid ID for entry to the Student Recreation Center during regular hours of operation.
- All entrances and exits must be through the designated entry and exit areas.

b. Family Hours

- Family hours are:
 - Fall and Spring Semesters: Friday – Sunday ALL DAY
 - Summer Semesters: ALL DAY EVERYDAY
- **Family hour policy:** Only members of the Student Recreation Center Complex may bring children (age 15 and under) into the Student Recreation Center. Members must present their Action Cards and register their child/guest at the front desk. Children age 15 and under do not have to have an Action Card or ID. Members must remain with their children during their visit.
- Access is limited to the Atrium, Gym, Racquetball courts, Tennis Courts, Climbing Wall, Indoor Track and Indoor Pool.
NOTE: All other areas not listed are prohibited even with adult supervision.
- Children are not permitted to participate in aerobic classes unless advertised as “Parent-Child” classes.

c. Guests and Spectators

- Guest fees are \$10.00 per person per day. A valid photo ID is required to purchase a guest pass. Guests must complete a Waiver of liability before utilizing the facility.
- All guests must check in at the Front Desk before entering the facility.

d. Forgotten ACTION CARD Policy

- To provide better service to students and members, UREC will extend ID forgiveness to those members who do not have their Action Card, but have their photo in Fusion (UREC’s membership management program). **ID forgiveness will be limited to once per semester. This includes forget action card passes for Intramural sporting events.**

e. Game Day and Holiday Hours

- The SRC will be open 9-11 am only on home game Saturdays with a 5 pm or later kickoff.
- The SRC will be closed on all home game Saturdays with kickoff time earlier than 5 pm.

II. General Guidelines

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

- Beverages must be in a closed, plastic container. Items purchased from Smoothie King and food services are not permitted in the activity areas.
- Food and drinks are not allowed beyond the access control point in the recreation and fitness centers, with the exception of non-glass bottles containing only water.
- In accordance with University Recreation's Tobacco-Free policy, the use of any tobacco products is prohibited in and around the recreation and fitness centers.
- No alcohol, drugs, or tobacco are allowed in the facility.
- Proper athletic attire must be worn when participating in recreational activities:
 - Proper athletic shoes and clothing are required at all times. (non-marking tennis shoes in all activity areas, except Indoor Pool and locker rooms)
 - Shirts must be worn at all times in public areas and should cover all areas of the skin, which may come in contact with fitness equipment.
 - Non-marking athletic shoes must be worn in the activity areas. Examples of prohibited shoes include, but are not limited to, cleats, sandals, stocking feet and/or hard soled shoes.
- Bicycles, skateboards, roller-skates, rollerblades and non-electric scooters are prohibited. UREC will not be liable for any item listed above.
- Headphones are required for all personal electronic devices.
- Facilities may be closed and/or reservations canceled when warranted (i.e. special events, maintenance projects, and inclement weather).
- Unreserved open recreation activities are available on a first-come, first-served basis with shared usage and challenge rules applying. The designated informal recreation activity will take priority over other users.
- Photographic devices may not be used in the locker rooms and restrooms.
- All video and photography requests must be approved by the Assistant Director of Informal Recreation and Event Management.
- Disorderly conduct, abuse of the facility, equipment, or staff and/or disregard for the recreation and fitness centers' policies will result in immediate dismissal from the facility. Additional sanctions may include: disciplinary action, reimbursement for damages, and/or potential suspension from the facilities and programs, referral to the Office of Student Conduct or UAPD.
- A user asked to leave by the staff will not be refunded any paid charges.

III. Weight Room and Cardio Policies

a. Weight Room

- Movement of any equipment/furniture may only be conducted by University Recreation staff.
- All equipment should remain in the part of the weight room/cardio area where it was originally located.
- Improper use or unapproved modifications of equipment beyond the manufacturer's purpose are prohibited.
- Proper athletic shoes and clothing are required.
- Boots and open toe/heel shoes are prohibited.
- Weight belts are not to be used on selectorized weight machines.
- Tops must be worn at all times and should cover the torso and back which come in contact with equipment.
- No food permitted. Water or sports drinks are permitted in closed plastic containers only.
- All dumbbells and free weights must be returned to their original and proper racks immediately after use.
- Weights and short /long barbells are not to be propped or placed against walls, mirrors or equipment.
- Use of collars is mandatory for all plate-loaded free weight lifts. Or Collars must be used on all free bar lifts with plates.
- Spotters are suggested on all heavy lifts; a Strength/Conditioning Staff member will spot anyone in need of a spotter.
- Screaming, yelling or use of offensive language will not be tolerated.
- Chalk use is not permitted in the facility.
- Users are required to wipe down equipment after each use.
- Olympic Lifting (i.e. snatch and clean & jerk) is permitted only in the designated area (power room in the SRC).
- Above the waist movements with long /short barbells are allowed only in the power lifting room at the SAC.
- Dead lifting may only be performed outside of the power lifting room of the SAC if it is 225 lbs or less.
- All weights must be controlled to the floor at all times. No slamming or dropping the weights at any time.
- Each participant is only allowed to have one set of dumbbells off the rack at a time.
- Personal items such as backpacks and gym bags are not allowed in the weight rooms or cardio areas and must be placed in designated storage units. Staff members are not responsible for lost or stolen property.
- Personal electronic devices are to be used with headphones only.
- All patrons are to wipe down any machine/equipment after use.

- Personal training or private instruction at any University Recreation facility is restricted to those individuals who are specifically employed by University Recreation for this purpose. No solicitation is allowed.
- Patrons must adhere to verbal requests from University Recreation staff at all times.

b. Cardio Policies

- Cardiovascular machines are on a first come first served basis.
- All patrons are to wipe down cardiovascular machines after use.
- All cardiovascular machines are to be used for their intended purposes

c. Indoor Track

- Inside lanes are designated for jogging/running; outside lanes are designated for walking.
- Please yield to those moving at a faster pace than you.
- Please run/walk in the direction designated for that day.
- Stretching is permitted in designated areas only. Sitting, leaning or stretching on the railing is not allowed.
- No spitting on the track.
- Spike shoes, turf shoes, boots, sandals and open-toed shoes are not allowed.
- Wheeled devices are not allowed on the track, with the exception of ADA designated assistance devices.
- Patrons must adhere to verbal requests from University Recreation staff at all times.

IV. Gym and Sport Court Policies

- Participation is on a first-come, first-serve basis
- Damage to property and verbal or physical abuse is not tolerated; violators will be asked to leave the facility and subject to disciplinary action.
- Since all games are self-monitored, good sportsmanship and proper conduct are expected.
- Clean, close toed, closed-heel athletic shoes with non-marking soles are required in all activity areas.
- Shirts must be worn at all times in public areas and should cover all areas of the skin, which may come in contact with fitness equipment.
- Non-marking athletic shoes must be worn in the activity areas.
- Grabbing or hanging on the net or rim is prohibited due to the risk of injury and potential damage of equipment.
- Baseball, football, frisbee, and other activities or equipment deemed unsafe in the gymnasium environment is prohibited.
- In the event of crowded courts and waiting players, the building supervisor has the authority to modify games.

- University Recreation and scheduled activities have priority for court usage. University Recreation functions includes approved programs, special events, and informal recreation.
- Personal belongings are encouraged to be stored in a daily use locker
- Courts are primarily intended for basketball, volleyball, and badminton. Other activities are permissible if considered safe and appropriate as determined by University Recreation staff.
- Disassembling or moving equipment that has been set-up is not allowed. Ask a University Recreation Supervisor to set-up or remove equipment.
- Use of tape or other marking materials is prohibited on walls, doors or floor surfaces
- Beverages must be in a closed, plastic container. Items purchased from Smoothie King and food services are not permitted in the activity areas.

b. Personal Hygiene

- University Recreation reserves the right to implement any guidelines that protect the health and safety of the facility and its users.

V. Equipment Checkout Policies

- Only UA students, faculty, staff and members of the recreation and fitness centers may check out equipment.
- Guests are limited to checking out group exercise class passes only.
- To check in/out equipment for outdoor use you must present your Action Card
- All indoor equipment must be returned by close of the facility each day
- Equipment is checked out on a first come, first served basis and may not be reserved
- If the equipment is not returned within two weeks of being checked out, the equipment will be considered lost and the individual must pay the established replacement cost
- Users will be charged for damaged equipment.
- Users that have not returned equipment and/or paid the applicable charge will have their privileges suspended from all UREC programs and facilities.

VI. Locker Room Policies

a. General Policy

- It is recommended that all patrons and guests leave no valuables, such as money, wallets, watches, jewelry, etc., unattended
- Patrons should double check the lock to make sure it is locked when showering and leaving the facility
- When showering, do not leave any soap or shampoo in the shower area
- Personal locks may be used however; UREC reserves the right to cut any lock as needed.
- Lost and found articles may be taken to any UREC front desk location.

- All thefts, vandalism or unusual situations should be reported to UREC Informal Supervisor.
- For the comfort of all patrons, we encourage and ask patrons with children to use the gender-appropriate locker room or are welcome to use family change room.

VII. Sauna/Steam Room Etiquette

- It is recommended for safety reasons that participants with health problems check with a physician before using the sauna and steam room.
- The steam room will be automatically turned off at 9 pm.
- You must provide a barrier between your skin and the bench to protect the wood from perspiration. (i.e. shorts or towel). Always sit covered with a towel or wear appropriate clothing while in the sauna and steam room.
- Clothing, such as sweat suits or rubberized suits, should not be worn in the sauna.
- Lewd behavior or conversation is prohibited in the sauna and steam room.
- It is recommended to stay in sauna and steam room to a maximum of 15 minutes per session.
- Do not exercise in sauna.
- Items are not to be jammed under the doors of the sauna and steam room.
- Allow yourself at least 5 minutes after exercising to cool down before entering the sauna.
- If you feel faint, dizzy, or nauseated, exit the sauna and steam room immediately.
- Lotions and/or oils are prohibited in sauna and steam room.
- Foot covering is highly recommended.
- Children are not permitted in the sauna and steam room
- Do not leave newspapers, magazines, or paper products in the sauna and steam room.
- This is a DRY AIR SAUNA SYSTEM. Pouring water or any other substance on sauna rocks can result in electric shock and/or sauna failure.

VIII. Locker Rentals

University Recreation strives to serve University students in the most beneficial ways possible. All locker rentals will terminate in conjunction with the last day of Finals, set by the University Registrar, in the corresponding semester discussed (Fall, Spring, or Summer) when completing rental forms. As such, the rental expiration date may be adjusted AFTER your initial rental of a locker. Notices will be posted of such changes within University Recreation facilities only.

- Items from turned over lockers will be kept for two weeks from the clean-out date. All items will be discarded after this two week period. Items with easily identified value or markings—such as initials or names—will be turned over to UAPD.

- All patrons are responsible for providing accurate contact information when completing rental forms with University Recreation. This contact information will ONLY be used to discuss locker renewals, mechanical issues or fixes, and eventual locker clean-out at expiration of rental term. University Recreation will issue notices regarding locker expirations beginning one month from expiration date. Along with these physical notices placed within lockers, emails will be sent to addresses given during locker rental. No physically mailed reminders (“Snail Mail”) will be sent.
- Information regarding any specific locker—such as combination, number, or rental term—will be discussed with the individual whose identification matches existing records ONLY.
- You may renew your locker for additional terms at any time.
- University Recreation is not liable for any lost or stolen property left unattended or unlocked in locker room areas.

a. Student Recreation Center

- **½ Locker for Academic Semester = \$15**
- **½ Locker for Academic Year = \$35**
- **Full Locker for Academic Year ONLY = \$55**

NEW Pricing Effective January 1, 2015

- **½ Locker for Academic Semester = \$20**
- **½ Locker for Academic Year = \$35**
- **Full Locker for Academic Year ONLY = \$60**

b. Student Activity Center at Presidential Village

- **½ Locker for Academic Semester = \$20**
- **½ Locker for Academic Year = \$40**

IX. Family Changing Room

- Our family changing room is located between the men's and women's locker rooms. UA is committed to providing an environment that is safe and inclusive, and welcoming to our members and guests. This is a gender neutral space available to anyone, no matter their gender identity or biological sex.

X. Lost and Found

- University Recreation is not responsible for lost or stolen articles. Do not bring valuables to the facility.
- The Lost & Found is located at the facility access desk. All “non-valuable” items will be held until the last day of every month and then discarded. “Valuable items” (Items with easily identified value or markings—such as initials or names) will be kept for one day, then turned over to the University Police, 205-348-5454.
- Always secure your belongings in a locked locker, even when in the shower. The recreation staff is not allowed to hold valuables for users.

XI. Facility Reservations

Request Process and Approval

a. Priority Reservation Deadline

- All facility requests received by the priority reservation deadline established for the particular 4-month period will be ranked according to their assigned priority and the reception date of request. Facility requests received after the priority reservation deadline will be considered in the order in which they are received. If two or more groups reserve the same date, the group that submits their deposit first will be given first priority for the date. The following schedule has been established for priority reservation deadlines:
- Fall Semester Reservations: The priority deadline date for reservations in September - December is August 15th (or the next business day)
- Spring Semester Reservations: The priority deadline date for reservations in January - April is November 15th (or the next business day)
- Summer Semester Reservations: The priority deadline date for reservations in May, June, July, & August is March 15th (or the next business day)
- Campus Recreation reserves the right to reserve space for outside groups in advance of the Priority Reservation Deadline.

b. Rental Procedure & Deadlines

Groups wishing to rent or reserve space at any facility must email the Assistant Director of Informal Recreation and Events

c. Request Deadlines

- Certain fees, special arrangements, and/or special event permits may be required in order for the group to utilize the facility to hold the event. Information on requirements, fees, and special event permits can be found at <http://urec.ua.edu/src-sacreservations.cfm>. [Note that deposits must also be received at the request deadline (two weeks or four weeks, as noted)]. The event must be approved by the Assistant Director of Informal Recreation and Events for the event to be scheduled.

d. Request Approval

- University Recreation staff will review each reservation request as it is received. If the event is in compliance with the facility use guidelines and the conditions of approval are met, University Recreation will approve and schedule the event. Please note that submitting a request does not guarantee confirmation. Confirmation of the reservation will be sent via email to the requesting group's event coordinator.

Requirements for Approval of Reservation

- a. Facility Rental Agreement - Groups must complete the Facility Rental Agreement prior to approval of the event.

XII. Emergency Procedures

- In the event of a fire or other emergency, alarms will sound throughout the facility. University Recreation staff members or emergency personnel will provide users with evacuation instructions.
- Fire alarms and extinguishers are located conspicuously throughout the facility. Do not use the elevator in an emergency. Users needing help to exit the building should use a white emergency phone or campus phone to call for assistance.
- During any severe weather, University Recreation staff members will alert patrons of any changes in weather. In the case of weather requiring shelter it is recommended that all stay within the facility until the all clear has been given.
- At all times we ask that you adhere to the requests of University Recreation Staff as they have been trained in Emergency Action Procedures.
- All University Recreation facilities have dedicated areas for shelter during severe weather. However, Student Activity Center at Presidential Village (SACPV) has dedicated space beneath SACPV. To access the shelter please follow the signs near the main entrance.