



CAMPUS RECREATION  
COLORADO STATE UNIVERSITY

CAMPUS RECREATION

2018-2019

HANDBOOK

# DAVID CHARLES HENRY KARSPECK



COLORADO STATE UNIVERSITY  
COMPUTER SCIENCE MAJOR  
2000–2004

I have passed the mountain peak and my soul is soaring in  
the firmament of complete and unbound freedom;

I am in comfort;

I am in peace.

-Kahlil Gibran

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# 1 INTRODUCTION & GENERAL DEPARTMENT INFORMATION

## 1.1 Contact Information

Physical Address:  
951 Meridian Avenue

Mailing Address:  
Colorado State University  
Campus Recreation  
8027 Campus Delivery  
Fort Collins, CO 80523-8027  
[www.csurec.colostate.edu](http://www.csurec.colostate.edu)

Main Line

(970) 491-6359

Racquetball/Cycling Reservations	Option 1
Aquatics and Red Cross Program	Option 2
Personal Training, Dance and Martial Arts Classes	Option 3
Outdoor Resource Room and Gear Rental	Option 4
Facility Reservations	Option 5
Group Fitness, Mind Body and Cycle Classes	Option 6
Intramural Sports Desk	Option 7
Sport Club Desk	Option 8
Service Center/Massage Therapy/All Other Questions	Option 9

## 1.2 Department Vision, Mission, Values

### VISION

- Campus Recreation actively promotes the pursuit of a balanced, healthy lifestyle to a diverse university community.

### MISSION

Campus Recreation strives to be a benchmark recreational program:

- by providing diverse programs, quality venues, experiential learning, co-curricular opportunities, and exceptional service
- through the development of self and encouragement of social responsibility that fosters positive contributors to the university and global community
- through demonstration of respect for talents, abilities, cultures, and shared ideas
- by providing a healthy, progressive, and safe environment that nurtures positive behaviors
- through intentional planning that promotes development and leadership opportunities

- by initiating and participating in collaborative efforts that enhance the stewardship of resources

## VALUES

- Our **integrity** lies in trusting each other to maintain high standards in all we do.
- Our **community** is united through a common vision and shared experiences while respecting and supporting one another.
- We **develop** individuals through education and teachable moments while guiding the sustainable growth of others and ourselves.

## 1.3 Commitment to Diversity & Inclusivity

Colorado State University's Non-Discrimination Policy

- Colorado State University does not discriminate on the basis of race, age, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, or gender identity or expression.

### Campus Recreation's Commitment to Diversity

Campus Recreation is dedicated to providing inclusive services, programs, and facilities to all persons, and welcomes participants and visitors reflective of all characteristics including age, culture, different ideas and perspectives, disability, ethnicity, familial status, gender identity and expression, geographical background, marital status, national origin, race, religious and spiritual beliefs, sex, sexual orientation, socioeconomic status, and veteran status.

- Bigotry or disparagement of others has no place within Campus Recreation facilities, programs, or services.
- Verbal or written abuse, threats, intimidation, violence, or other forms of harassment towards participants or staff will not be tolerated.
- All participants and staff are expected to respect the rights of others and to be civil, effective citizens of the CSU community.
- Campus Recreation patrons may participate in programs and utilize facilities based on their asserted gender identity.

## 1.4 Overview of Facilities

Campus Recreation operates in four different facilities on the main campus. Information on Campus Recreation Facilities can be found [here](#).

- **Student Recreation Center**
  - **Address:** 951 Meridian Avenue, Fort Collins, CO, 80523
  - **Description:** This is the home facility for the Department of Campus Recreation and the main location for Campus Rec programs and services. All Campus Recreation professional staff offices are located in this facility.
- **Moby Auxiliary Gym**
  - **Address:** 951 W. Plum Street, Fort Collins, CO, 80523
  - **Description:** This is a shared facility between Athletics, Health and Exercise Science, and Campus Recreation.
- **South College/Glenn Morris Field House**
  - **Address:** 951 S. College Avenue, Fort Collins, CO, 80523
  - **Description:** This is a shared facility between Athletics, Health and Exercise Science, and Campus Recreation.

- **Indoor Practice Facility (IPF)**
  - **Address:** 821 W. Plum Street, Fort Collins, CO, 80523
  - **Description:** This is a shared facility between Athletics and Campus Recreation.

## 1.5 Overview of Programs

Campus Recreation offers several program areas. Information on Campus Recreation Programs can be found [here](#).

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## 2 GENERAL MEMBERSHIP INFORMATION

### 2.1 Memberships/Eligibility/Family Recreation

Membership is required to use Campus Recreation's facilities and programs.

Membership privileges include use of all Student Recreation Center activity areas, meetings and public spaces, daily locker use, and group fitness classes.

- Full fee paying students receive a Campus Recreation membership as part of their student fees.
- Non-full fee paying CSU students, CSU employees and the spouse/partner are eligible to purchase a Campus Recreation membership.
- CSU students/employees may sponsor themselves for a day membership with a valid photo ID.
- CSU Degree Granted Alumni, CSU Official University Retirees, Osher Institute Members, CSU ROTC, CSU Global Students, CSU Visiting Scholars, CSU Alumni Association Lifetime Members and their spouse/partner can apply to be eligible to purchase an Affiliate Membership at the Service Center. This process can take up to 3 business days for approval of membership application.
- Individuals must present one of the following forms of identification when purchasing a Campus Recreation membership or Guest Pass: official/valid CSU ID Card, valid State Driver's License, valid State ID card, current Passport, or USA Military ID.

Personal Care Assistants (PCA) are eligible to access the Student Recreation Center in order to aid someone in their workout.

- The Personal Care Assistant will be required to sign a Campus Recreation Waiver, Membership Form, and have their picture taken for a Campus Recreation Volunteer ID Card.
- PCAs can access the Student Recreation Center only during times accompanying the individual needing assistance, remaining with the individual needing assistance.
- PCAs not affiliated with the University are ineligible to purchase a Campus Recreation membership.
- PCAs can attend various events and programs offered by Campus Recreation to assist those in need.
- PCAs are not allowed to work out or use the facility for their own benefit.
- Please contact the [Assistant Director, Member Services](#) to arrange for a PCA. A response will be given within 3 business days.

## 2.2 Spouse/Partner Memberships

- Student/employee must accompany their spouse/partner for first time purchase of spouse/partner membership.
- In order for a spouse/partner to purchase a membership, the CSU member and spouse/partner must bring in a common bill or piece of mail with both names on it.
- Spouse/partner membership expiration is concurrent with student/employee separation from CSU.
- It is the student/employee's responsibility to inform Campus Recreation if relationship with spouse/partner has terminated.
- Membership is required for spouse/partner to use the Student Recreation Center without spouse accompaniment.
- Spouse/partner may use the Student Recreation Center when accompanied by the Student Recreation Center member during Family & Youth Recreation hours for no fee.

## 2.3 Daily Guest Pass

Student Recreation Center participants may sponsor up to four guests for \$5 per person (activity area age restrictions apply).

- All guests must be sponsored by a Campus Recreation member, CSU student, or CSU employee to be eligible for daily guest pass.
- A valid photo ID must be presented by the Campus Recreation member and their guest.
- Guests and their sponsoring member are required to sign in at Service Center prior to entrance to the activity areas.
- Guests entering during Sundays at 5pm through Fridays at 3pm during the fall or spring semester must be 18 years of age or older.
- Guest pass privileges include use of Student Recreation Center activity areas, daily locker use, and participation in group fitness classes.
- Guest pass holders may purchase additional services (massage therapy).
- Guest pass is valid for full day of purchase.
- Sponsors are responsible for guests' behavior and equipment check-out/return.
- Sponsors are responsible for remuneration for guests' entrance fee and lost/broken/damaged equipment.
- Sponsors are responsible for remaining in the Student Recreation Center with their guest.

## 2.4 Payment Methods

Campus Recreation accepts payment in form of cash (bills larger than a \$20 are not accepted), RamCash, Visa, MasterCard, Discover, and personal check with proper ID (Drivers Licenses or State ID Card). Membership and locker rental payment for eligible CSU employees may also be made with Payroll Deduction.

- Sport Club team dues or other team charges are made to the individual Sport Club team.



## 2.5 Refunds

Refund requests may be made at the Service Center and are reviewed by Campus Recreation staff.

- All refunds are subject to a \$5 processing fee. Prorated fees may apply.
- If the refund request is denied, an explanation as to why it was denied will be provided.
- If payment was made by credit card, the refund is returned to the original credit card.
- For purchases made by cash or check, established University procedures are followed, which may take up to four weeks for the refund to be processed. CSU Members will receive a credit on their CSU account for purchases made by cash or check. For external individuals a check will be sent via mail.
- Cash refunds are not permitted by University accounting policy.
- Programs that are canceled due to low enrollment or weather will receive a full refund.
- Refund policies vary by program area and are provided online at: <http://csurec.colostate.edu/about/policies/>

## 2.6 Identification

Participants are required to present their CSU ID Card or Campus Recreation Membership Card to authenticate/validate eligibility for Campus Recreation services.

Student Recreation Center

- Alternate computer identification verification: Service Center staff will verify picture identification information for entry to the Student Recreation Center up to three times per semester. After three computer verifications, a member must produce a CSU ID Card or purchase a Daily Guest Pass to enter the Student Recreation Center.
- A hand stamp (available at the Service Center) is required for re-entry to the Student Recreation Center for outside runners/exercisers/sport participants.
- Daily Guest Pass receipts/hand stamp are valid for entry/re-entry throughout the date of purchase.

Intramural Sports and Sport Clubs

- Refer to the program/club/sport-specific rules/policies for participant eligibility information.

## 2.7 Behavior

Campus Recreation policies are designed for the protection of participants, employees, facilities, and equipment. All participants should be mindful and respectful of others around them.

- Participants are expected to abide by the [Colorado State University Principles of Community](#) when using Campus Recreation facilities and programs.
  - Inclusion
  - Integrity
  - Respect
  - Service
  - Social Justice
- Participants may not interfere with employee duties or engage in verbal or physical abuse of employees or other participants.

- Participants must observe all posted signs and verbal directions provided by Campus Recreation staff.
- Use of drug, alcohol, and tobacco products are not permitted at Campus Recreation facilities or program venues. Attendees or participants identified as impaired will be removed from Campus Recreation facilities or program activities.
- Attempts to use another member's CSU ID or Campus Recreation Membership Card or providing an identification card for another's use violates University regulations and the Student Conduct Code. Consequences may include confiscation of the card and suspension from Campus Recreation facilities and/or program participation.
- Use of Campus Recreation facilities for personal financial gain violates University policy relating to facilities, services, or solicitations, and is prohibited at all program venues.
- Personal training or private instruction at the Student Recreation Center is restricted to those individuals who are specifically employed by Campus Recreation for this purpose.
- Conducting research or testing for academic reasons or any other reason in the Student Recreation Center or via Campus Recreation online platforms is only permitted with prior approval from the Campus Recreation Admin Team. Requests to conduct research within the Student Rec Center must be sent to the [Coordinator for Facilities and Event Scheduling via email](#) at least 2 weeks in advance.
- No skateboards, hoverboards, longboards, penny boards, Heely shoes, scooters, bikes, pets, cleats or rollerblades are permitted in the Student Recreation Center. Bicycle and skateboard racks are available outside the front entrance of the Student Recreation Center. Rollerblades are permitted in the inline rink only.
- Per Colorado State University policy, Campus Recreation does not allow any animals to be tied up to any University building or object in the bounds of CSU campus.
- Per Colorado State University policy, bicyclists and skateboarders will not infringe, or perform tricks upon benches, stairs, or other architectural components, landscaped areas, or any areas that are under cultivation on any Campus Recreation facilities.
- In accordance with the Americans with Disabilities Act, service dogs or mini horses are permitted in the Student Recreation Center.
- In accordance with the [CSU Resources for Disabled Students Office](#), emotional support animals are not allowed in the Student Recreation Center.
- Campus Recreation staff are not authorized to cut off bike locks stored outside of the Student Recreation Center. Contact the CSUPD Bike Enforcement office at 970-491-7695 for assistance with bike locks.
- Individuals under the age of 16 must be accompanied and directly supervised by responsible adult in all areas of facility. Family & Youth policies can be found [here](#).
- For sanitation and safety reasons and to protect the facility and equipment, participants are required to wear clothing appropriate to activity area.

Campus Recreation staff reserves the right to ask a patron to leave and deny facility and/or program access for policy violation.

- Individuals that have violated policy may have their Campus Recreation memberships suspended and will be required to meet with a designated Campus Recreation professional staff member. That meeting must be arranged in advance and will occur during normal business hours, 8 a.m. to 5 p.m., Monday through Friday.
  - The individual will receive notification of any applicable suspension or sanctions.
  - Individuals may appeal the decision by filing a Sanction Appeal Form. This form must be completed within three business days (M-F) of notification of sanction. During academic terms, this appeal is reviewed by the Campus Recreation Advisory Board. During the summer when the board is on hiatus, the appeal is reviewed by Campus Recreation Admin Team. A decision on

the appeal will be emailed within five working days of receipt of the form.

While under review, the individuals membership will remain suspended.

- Campus Recreation staff may also refer students to the [Student Resolution Center](#) for further investigation and discipline.
- Participants are encouraged to report any issues occurring within Campus Recreation facilities or programs to a Campus Recreation employee on duty.
- Participants are required to present their CSU ID Card or Campus Recreation Membership Card to authenticate/validate eligibility for Campus Recreation services.
- Situations or circumstances not covered in this handbook will be addressed and resolved by Campus Recreation staff.

Guidelines apply to department programs and service locations:

- Student Recreation Center
- South College/ Glenn Morris Field House Complex
- Moby Complex
- Indoor Practice Facility
- Outdoor fields and activity areas
- Other campus program venues
- Off-campus program venues

## **2.8 Assumption of Risk**

- Participate at your own risk. Colorado State University and Campus Recreation are not responsible for financial costs related to health services resulting from illness or injury incurred during use of Campus Recreation facilities or participation in program activities. It is recommended that participants secure accident insurance/coverage prior to exercising or program participation.
- Participants in high-risk activities may be required to sign waivers.

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# **3 CAMPUS RECREATION FACILITIES POLICIES**

## **3.1 General Activity Area Guidelines**

- For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants. Please see each respective section for specific requirements.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Bags and personal clothing must be stored in cubbies or day lockers.
- Do not spit on the floor or walls.
- Audio/video equipment in activity areas is operated by Campus Recreation staff only. A Bluetooth connection is available in all studios for participants to play music when the studio is not scheduled. Participants are not allowed to play music out loud in any other activity areas and must wear headphones in the facility. Music played through speakers is only allowed in spaces designated by Campus Recreation staff.
- Activity spaces are available for drop-in use when not reserved.
- Baby strollers/carriers are not allowed in the activity areas other than being an active participant on the track. Stroller parking is available under the main hallway staircase and along the south wall of the pool deck.

- Hypoxic training is not permitted in the Student Recreation Center or in auxiliary facilities when Campus Recreation staff is supervising activities. This includes, but is not limited to, breath-hold training in pool areas and the use of oxygen deprivation masks. Please see section 3.20, 6.4, and 7.4 for further details about restrictions to hypoxic training in our pools.
- Blood flow restriction training is not permitted in the Student Recreation Center or in auxiliary facilities when Campus Recreation staff is supervising activities.
- Bags cannot be worn while engaged in physical activity unless otherwise permitted for medical purposes.

### 3.1.1 Age Requirements

Area	Age Requirements To Be In Area
All Activity Areas (unless otherwise specified)	16 years and older without direct supervision, 15 years and younger are required to be accompanied by a parent/guardian and must be an active participant in that space. Sitting or lounging in the activity spaces while the parent/guardian/sponsor actively participate is prohibited for safety purposes.
Pin-loaded weight machines and cardio machines	14 and 15 years old with direct adult supervision Individuals under 14 years old are not allowed in this area
Locker Rooms/Restrooms	Youth 6 years and older are required to use gender appropriate locker rooms/restrooms  All gender changing rooms are available for all ages
Sauna/Steam Room	16 years and older Individuals under 16 are not allowed to use sauna/steam room even with adult supervision
Hot Tub/Spa	5 years and older
Climbing Wall	3 years and older to be in the Climbing Wall area, 16 years and older to belay

### 3.1.2 Family & Youth Hours

- During the academic year, family & youth hours start at 3 p.m. on Fridays and end at 5 p.m. on Sundays.
  - All fall break, winter break, spring break, and summer break hours are family & youth hours.
  - The **pool** will be available for family & youth hours on Thursdays from 3:30 to 6:30 p.m. in addition to the above listed times.
- An adult Campus Recreation member (18 years or older) may sponsor their spouse/partner and up to four youths, age 17 years and under, into the Student Recreation Center during family & youth hours free of charge.
  - Adult sponsor must be parent/legal guardian of youths or be an authorized guardian who has consent from parent/legal guardian to legally sign waiver.
  - Children under 16 years of age must be under direct supervision of parent/guardian at all times.
  - Adult sponsor must remain in facility with non-fee paying family participants during family & youth hours.

- Adult sponsor must be accessible in the facility to supervise and advise on medical treatment for youths age 17 years and under.
- Spouse/partners and children 16 years of age and older must show a valid photo ID for every entry.
- Sponsor is required to sign in guests and dependents at Service Center.
- Age restrictions related to area participation and supervision apply – see Activity Area Requirements chart on page 15.
- Youth 6 years or older must use gender appropriate locker room or all gender changing room.

### 3.1.3 Equipment Checkout

- Day use equipment is available for checkout with valid CSU ID Card or Campus Recreation Membership Card. Day use equipment must be returned by facility closing on the same day to avoid replacement charge.
- Lost, missing, or damaged Campus Recreation equipment or property may result in replacement charges or suspension of Student Recreation Center facility use and/or program participation dependent upon circumstances. Campus Recreation staff will address and resolve the situation.
- If Thor Guard Red Alert has been activated the Service Center does not check out outdoor equipment until it has been deemed clear by the Recreation Supervisor.

### 3.1.4 Lost, Damaged, or Stolen Items

Campus Recreation is not responsible for lost, damaged, or stolen personal articles. Individuals should report stolen items to CSU Police Department.

- Information regarding participants' lost and found items must be made in person (not over the phone or via another person) at the Student Recreation Center Service Center desk. Lost and found items during department programs at Moby and South College/Glenn Morris Field House will be brought to the Student Recreation Center daily.
- Personal toiletry items such as cleansing products, hair care products, razors, wash cloths, etc., are disposed of immediately due to sanitary health reasons.
- CSU ID Cards are returned to the RamCard Office on a weekly basis.
- Residence Hall keys and University keys are returned to the CSU Police Department on a weekly basis.
- Personal items of value, such as electronic devices, wallets, keys, credit cards, jewelry, etc., are secured at the Service Center in the Student Recreation Center. Unclaimed valuables are turned over to CSU Police Department on a weekly basis.
- Items such as bags, clothing, footwear, sport gear, water bottles, etc., are secured. Unclaimed items are held for a minimum of two weeks and then donated to local charities.

### 3.1.5 Media Interviews and Photography/Videotaping

Photography and Filming Policy

- The Student Recreation Center is a private space, therefore, photography and videography is strictly regulated past the turnstiles and requires advance notice and explicit permission. Requests to film or photograph within the Student Recreation Center must be sent to the [Communications Manager via email](#) at least 2 business days in advance. Photography requests for the Aquatic Center are granted on an extremely limited basis and, due to this limitation, requests must be made 10 business days in advance.
  - Filming or photography for class projects, group practices, newspapers, articles, and all other media must abide by this policy.

- Once approved by the Communications Manager, all persons obtaining photos, videos, or other forms of media within the Student Recreation Center will be given a media pass. This pass must be worn and plainly displayed during the entirety of the photo/video shoot. Persons without an approved media pass will be asked to leave the building and must contact the Communications Manager for permission to reenter for media purposes. Passes are not granted day-of even in cases where the patron is up against a media or class deadline. Advance notice is required in all situations.
- All photography/videotaping must be done using care for patrons and personal privacy must be respected. If participants may be identified in any shot, their explicit permission must be obtained. Participants have a right to decline being in any shot.
- Participants may not use the Student Recreation Center for any photography or videography of a promotional nature that benefits a business or company, unless explicit permission has been granted by the Communications Manager. This includes “selfies”, photoshoots, workout videos, or other media that may be posted to a company’s social media accounts, websites, or other promotional material.
- Photography/videotaping may not be conducted in the locker rooms and restrooms.
- Tour groups, summer camps and conferences, and other special event groups are allowed to use handheld point-and-shoot cameras to document their time within the Student Recreation Center as long as the individual stays with the group at all times and does not negatively impact the experience of patrons. No photography of the Aquatic Center by guests with these groups (including from the viewing window on the second-floor fitness area) is allowed without explicit permission. If a guest with one of these groups is suspected of inappropriately using their photo privileges, they will be asked to put away their camera or leave the facility.

#### “Selfie” Policy

- Patrons’ cell phones may be used to take photos or videos of themselves or friends working out within the facility and must remain for personal use only.
- Selfies may not be taken in ways that have the potential to negatively impact the experiences of other patrons, such as within a busy locker room or restroom where others may be in the background. Patrons are expected to follow the Principles of Community and engage the use of selfies with respect for others.
- Photography of other guests without their explicit permission is strictly prohibited. Guests taking photos or videos with their cell phone for personal use must not interrupt or cause any nuisance to others.
- In the event that Campus Recreation staff suspect a guest is inappropriately using the cell phone privilege or if their engagement in selfies is causing discomfort to others, they will be asked to put their phone away or leave the facility if they continue to violate the policy.

#### Media Requests

- All requests for media interviews and photography/videos of Campus Recreation programs, the Student Recreation Center facilities, and/or participants for commercial or academic media must be made in advance. This may be done via [email](#) or phone to the Communications Manager at (970) 491-1510. All other media requests should be directed to the CSU Department of Public Relations at (970) 491-6621.

### 3.1.6 Sales, Solicitation, and Advertising

Sales and solicitations are prohibited within the Student Recreation Center.

#### Ads @ the Rec

- Campus Recreation allows advanced-reservation advertising in designated spaces throughout the Student Recreation Center during the fall and spring semesters via the Ads @ the Rec program. To request information about the Ads @ the Rec

program, including policies, pricing, and reservation requirements, please contact the Communications Manager at (970) 491-1510.

- Advertising space is limited and is reserved on a first-come, first-serve basis. Reservations are accepted approximately one month prior to the start of the semester. Ads run Monday through Sunday.
- Advertisements reserved by non-CSU affiliated entities must be approved prior to reservation.
- Campus Recreation reserves the right to deny any advertisements based on their alignment with the departmental vision, mission, values, and commitment to inclusive practices, as well as the university Principles of Community.

### 3.1.7 Facility Reservations

Student Recreation Center

- Student Recreation Center meeting/activity space may be reserved. Information about facility reservations can be found [here](#).
- To make reservation requests, please use the online [form](#). or call (970) 491-2011.

Moby, South College/Glenn Morris Field House, Tennis Courts, and Field Reservations

- The University Scheduling Office (USO), (970) 491-0331, is responsible for scheduling events at Moby Complex, South College/Glenn Morris Field House Complex, tennis courts, and the fields. USO schedules events for the CSU community as well as non-CSU community. Their request form is online [here](#).

## 3.2 Student Recreation Center

### 3.2.1 Main Gym and MAC Gym

General

- Drop-in games are played first-come, first-served basis if there are no players waiting to participate
  - White boards are located in the MAC Gym & Main Gym area and should be used to determine game order if there are players waiting to participate. Games are regulated by players.
- Closed toe, closed heel, non-marking athletic shoes required.
- Outdoor sports (lacrosse, baseball, football, flying disc sports, outdoor soccer balls, etc.) are not allowed in indoor activity spaces.
- Scheduled drop-in activities and reservations receive priority. Drop-in recreation schedule can be found on the [Campus Recreation website](#).
- In the MAC Gym, bags and personal clothing may not be left on the floors, benches, or ledges.

Badminton

- Hours for drop-in badminton are noted on the [Campus Recreation website](#).
- When two or more badminton players are present, non-badminton users must vacate the court.

Basketball

- Snapping, grabbing, or hanging from the basketball rims is prohibited.
- Priority goes to 5-on-5 full court games.
- Participants may only sign up for a game on one whiteboard for one court at a time.
  - The sign up whiteboards are located on the south wall of each basketball court.

Indoor Soccer

- Hours for drop-in soccer are noted on the [Campus Recreation website](#).
  - Participants may only sign up for a game on one whiteboard for one court at a time. The sign up whiteboard is located on the east wall of the MAC Gym.
- Indoor soccer balls are available for checkout at the Equipment Desk for indoor use.
- Indoor soccer is to only be played on the MAC Courts.
- Outdoor soccer balls are not permitted in any Student Recreation Center activity spaces.

#### Speed Bag Area

- Hand wraps or sparring/boxing gloves are required to use on the speed bags.
- Hand wraps are required while using Campus Recreation's sparring/boxing gloves and can be purchased at the Service Center.
- Sparring/boxing gloves can be checked out from the Equipment Desk.

#### Indoor Volleyball

- Hours for drop-in indoor volleyball are noted on the [Campus Recreation website](#).
- When four or more volleyball players are present, non-volleyball users must vacate the court.
- Participants may only sign up for a game on one whiteboard for one court at a time.
  - The sign up whiteboard is located on the east wall of the MAC Gym.

### 3.2.2 TRX Area

- TRX straps are to be used on TRX racks only, located on the west wall of the main gym. TRX straps are available for checkout at the Equipment Desk.
- Closed toe, closed heel, non-marking athletic shoes required.
- Sparring, wrestling, martial arts throws and other intensive physical contact activities are not allowed.
- Drop-in use ends 10 minutes prior to all reservations.
- Plyo Boxes in the TRX area should be kept behind the protective curtain at all times.

### 3.2.3 Mat Room

- Only wrestling shoes or no shoes are permitted on the mat.
- Hand wraps or sparring/boxing gloves are required to use bags.
- Hand wraps are required while using Campus Recreation's sparring/boxing gloves and can be purchased at the Service Center.
- Sparring/boxing gloves can be checked out from the Equipment Desk.
  - Participant must have hand wraps to check out the gloves.
- Sparring is not permitted during drop-in activities or without a proper instructor present.
- Hanging from or swinging the bags is not permitted.
- Sticks that are designed to be used on the bags are permitted. This determination is at the discretion of the Campus Recreation staff.
- Padded foot protection designed for heavy bag use is highly recommended.
- Cease activity if lacerations or bleeding occurs – contact facility staff immediately for clean-up.
- Drop-in use ends 10 minutes prior to all reservations.

### 3.2.4 Fitness Center (Cardio & Weight Areas)

- Contact a fitness center assistant for basic equipment assistance.
- Bags and personal clothing may not be left on the floors, benches, or ledges.
- Closed toe, closed heel, non-marking athletic shoes required.
- Outside equipment may be examined by Campus Recreation staff for approval.
- There is a 30-minute time limit on cardiovascular equipment when others are waiting.



- Use of treadmill safety clips is highly recommended.
- Equipment must remain in designated areas.
- Movable benches may not be elevated, propped, or inclined.
- Do not drop or slam weight equipment.
- Allow people to work-out in between sets.
- Standing on exercise balls is prohibited.
- Use of equipment other than for its designed function is prohibited.
- Rerack any weight equipment in the proper location and store any exercise equipment back in its original cubbie.
- Explosive style lifts (cleans, snatches, jerks, etc.) are prohibited in all activity areas other than the Olympic Platforms in the 1<sup>st</sup> Floor Weight Room
- In the circuit areas, the priority of use is for circuit training and you may begin the circuit at any open station.
- Wiping down equipment after use is highly recommended.
- The use of weight lifting chalk is prohibited in all activity areas other than the 1<sup>st</sup> Floor Weight Room.
- Dumbbells and weights are not allowed on the track.
- Priority for use of braided equipment goes to participants with low or no vision.

### **3.2.5 Fitness Center (Free Weight Areas)**

- Contact a fitness center assistant for basic equipment assistance.
- Bags and personal clothing may not be left on the floors, benches, or ledges.
- Closed-toe, closed-heel, non-marking athletic shoes required.
- All weight training should be performed in a controlled and safe manner. Slamming, dropping, or bouncing weights on the floor is prohibited.
- A spotter is recommended for all heavy lifts. Campus Recreation staff does not spot.
- Use of equipment other than for its designed function is prohibited.
- The use of clips/collars is required on all Olympic bars.
- Rack weights in the proper location after use.
- Participants are limited to one set of dumbbells off the rack at a time.
- Equipment may not be altered or removed from the rooms, unless under the direction of a uniformed Campus Recreation Personal Trainer.
- Personal training/private instruction is restricted to Campus Recreation fitness staff.
- Outside equipment may be examined by Campus Recreation staff for approval.
- The use of weight lifting chalk is prohibited in all activity areas other than the 1<sup>st</sup> floor Weight Room.
- Explosive style lifts (cleans, snatches, jerks, etc.) are prohibited in all activity areas other than the Olympic Platforms in the 1<sup>st</sup> Floor Weight Room.
- Deadlifting is prohibited in all activities areas other than the 1<sup>st</sup> Floor Weight Room.
- Wipe down equipment after use.

### **3.2.6 1<sup>st</sup> Floor Weight Room**

#### General Area Policies

- Bags and personal clothing may not be left on the floors, benches, or ledges.
- Closed toe, closed heel, non-marking athletic shoes required.
- All weight training should be performed in a controlled and safe manner.
- Avoid slamming weights together or dropping dumbbells, barbells, or plates on the floor.
- A spotter is recommended for all heavy lifts - Campus Recreation staff does not spot.
- Use of equipment other than for its designed function is prohibited.
- Rack weights in the proper location after use.
- Each participant is only allowed to have one set of dumbbells off the rack at a time.

- Equipment may not be altered or removed from the rooms, unless under the direction of a uniformed Campus Recreation Personal Trainer.
- Personal training or private instruction at any Campus Recreation facility is restricted to those individuals who are specifically employed by Campus Recreation for this purpose. No solicitation is allowed.
- Outside equipment may be examined by Campus Recreation staff for approval.
- Wiping down equipment after use is highly recommended.
- Contact a Recreation Assistant for basic equipment assistance.

#### Olympic Lifting Area Policies

- Only one patron may use the Olympic lifting platform/rack at a time.
- Olympic lifting platforms must be clear of all equipment and personal items prior to performing a lift.
- Lifters engaged in Olympic lifting must face the Olympic squat racks (west wall) at all times.
- Only Olympic lifting bars may be used on the Olympic lifting platforms for Olympic style lifts.
- Lifters must release weight in a controlled and safe manner on the descent.
- Use clips/collars on all Olympic bars.
- Bumper plates must be used for Olympic lifts on the designated platforms
- Lifting chalk may be used in the designated Olympic lifting area only.
  - Chalk up over the chalk bowl only.
  - No outside chalk allowed.

#### 3.2.7 Track

- Non-marking shoes required.
- Runners and walkers on track only - no spectators.
- Run/walk in direction of arrow indicated at track entrances.
- Run on inside lanes and walk on outside lane.
- More than two abreast is not permitted.
- Active participants using strollers are permitted on the outside lane of the track.
- Weight equipment not permitted on the track.
  - Weight vests are allowed.
- Lunging is permitted in the outside (walking) lane only. Lunging patrons must follow the direction of the track at all times and are not permitted to have weight equipment on the track. Lunging is also available on the west end of the track.

#### 3.2.8 Studios 1, 2, & 4

- Non-marking shoes required, bare feet or socks allowed.
  - Heels with caps are allowed.
- All equipment must remain in the room and is for use during scheduled classes only.
- Return equipment to its original storage location after use.
- Drop-in use is permitted when studio is not scheduled.
- Placing powders or any other substances on the floor is not permitted. Damage to the floor could result in fees or closure of the space.
- No standing on exercise balls.
- Drop-in use ends 10 minutes prior to all reservations.
- A Bluetooth connection is available to play music when the studio is not scheduled.
  - Music volume must be kept at a reasonable level with care for other patrons working out in the studio space.

### 3.2.9 Studio 3

- Closed toe, closed heel, non-marking athletic shoes required.
- All equipment must remain in the room.
- Return equipment to its original storage location after use.
- Drop-in use is permitted when studio is not scheduled.
- A Bluetooth connection is available to play music when the studio is not scheduled.
  - Music volume must be kept at a reasonable level with care for other patrons working out in the studio space.

### 3.2.10 Cycling Studio

- Closed toe, closed heel, non-marking athletic shoes required.
- The lead cycle is for use by Campus Recreation instructors only.
- A Bluetooth connection is available to play music when the studio is not scheduled.
  - Music volume must be kept at a reasonable level with care for other patrons working out in the studio space.
- Drop-in use ends 10 minutes prior to all reservations.

### 3.2.11 Bouldering Wall/Climbing Tower

- Valid CSU ID Card or Campus Recreation Membership Card must be presented to Service Center or Climbing Wall staff prior to climbing to verify membership and belay eligibility.
- Participants ages 3-15 must be accompanied by a parent/guardian.
- Participants must be 16 years or older to belay.
- All personal climbing equipment must pass inspection by Climbing Wall staff, personal ropes are prohibited.
- Loose chalk is strictly prohibited. Climbers must show that they are using a chalk ball before receiving a wristband. Random “chalk checks” can occur while climbing, and climbers caught using loose chalk will be suspended from the wall for one week.
- Closed toe, closed heel footwear is required in climbing area – no bare feet.
- Active spotting and pad placement for bouldering is strongly recommended.
- Bouldering on the climbing towers is limited to the same height as the bouldering wall.
- Climbers wishing to belay either top-rope or lead climbing must pass an annual test administered by Climbing Wall staff.
- Seated belaying is prohibited.
- Rope climbing on the climbing towers is available only during hours that the Climbing Wall is staffed.
- Climbing above or below another climber is not permitted.

### 3.2.12 Aquatic Facilities General

- Do not run or dive in the pool area.
- Do not perform hypoxic/breath-hold training. Pool users must take at least one breath for every length of the pool. Intentional hyperventilation is not permitted.
- Do not dunk, push, chicken-fight, or perform other rough play.
- Take a cleansing soap shower before entering.
- Use locker rooms for changing of clothes and diapers.
- Do not enter if you have a communicable disease or open wound(s).
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.
- Kayaks, canoes, long boards, and scuba tanks are not permitted.
- Upon request by a lifeguard, patrons must be able to swim 25 yards or may be restricted to certain areas of the pool.
  - *This policy is based on aquatic industry standards.*
- The maximum capacity of the pool is 399 people.

Facilities and Equipment:

- Use only Coast Guard approved floatation devices (a limited supply is available on the pool deck).
- Use the toys provided - no personal toys permitted in pool area.
- Use inner tubes in the current channel only.
- Do not sit on, cover up, or plug the spray features.
- Do not climb or walk on piers. They are for on-duty lifeguards only.
- Do not hang on lane lines or basketball hoop.

Attire:

- Wear attire specifically designed for swimming. No cut-offs or workout attire.
- Wear flip-flops or go barefoot on the pool deck. No street shoes permitted on the pool deck.
- Modesty T-shirts are acceptable at the Lifeguard's discretion.

Children:

- A guardian must be present and within an arm's reach of any child using a floatation device.
- Use swim diapers – no paper or cloth diapers. A limited amount of swim diapers are available by asking a lifeguard.

Swimming pool participants share responsibility for controlling the spread of bacteria/parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues.

Participants are strongly encouraged to be proactive regarding prevention of illness:

- Immediately report fecal contamination to staff so that appropriate disinfection can be administered.
- Refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved.
- Do not swallow pool water.
- Practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom.

### 3.2.13 Spa

- Children under 5 years old are not permitted.
  - *This policy is based on information from the Centers for Disease Control and nationally recognized aquatic experts (Judith Spurling, Tom Griffiths).*
- Children 5 years and older must be within an arm's reach of an adult guardian unless they have passed a swim test with the lifeguard staff.
- Seek medical advice prior to use if you are pregnant or have a health condition.
- Spa capacity is 40.

### 3.2.14 Steam Room & Sauna

- Must be 16 years of age or older to enter.
  - *This Colorado State University Campus Recreation policy is based on safety and health issues and serves to minimize risk for participants and employees.*
- Seek medical advice prior to use if you are pregnant or have a health condition.
- Recommended maximum *total* duration is 10 minutes as excessive exposure can be harmful.
- A cleansing shower is required before use.
- Under no circumstances should users wear excess clothing such as a sweat suit, long pants, leggings/tights, long sleeve shirts, corset waist trainers, street shoes, or a

rubberized suit while in the sauna or steam room, nor should users wear any other clothing that is designed to increase sweating in those areas.

- For health reasons, exercise is not permitted in the sauna and/or steam room.
- Patrons may not pour water or any other substance on the rocks in the sauna. If you would like water poured on the rocks, please ask a lifeguard. Failure to abide by this policy could result in closure of the space.
- Patrons may not spray or apply essential oils or any other similar substance in either the steam room or sauna.
- Steam room capacity is 20 and sauna capacity is 30.
- Do not interfere with the sensor in the steam room. Damage to the sensor could result in fees or closure of the space.

### **3.2.15 Aquatic Climbing Wall**

- Remain behind the buoy line until it is your turn. A maximum of 3 people are permitted in the climbing wall area at any time.
- Start your climb from the water and not from the deck.
- Do not dive or flip. You must reenter the water feet first.
- Do not climb atop the wall or across the waterfall.
- Do not use climbing gear (shoes, chalk) at the pool climbing wall.

### **3.2.16 Lockers**

Campus Recreation is not responsible for lost/stolen or damaged items. Do not leave valuables such as jewelry, wallets, electronic devices, or credit cards unsecured.

#### **Day Use Lockers**

- Locks are available for purchase at the Service Center.
- Day lockers and locks must be cleared at the end of the night. Locks left on day use lockers overnight will be cut off and contents taken to the Campus Recreation lost and found.
- Personal articles may not be secured on outside of locker.

#### **Rental Lockers/Towel Service**

- Towel service is available for purchase at the Service Center.
- Semester and annual lockers are available for rent on a first-come, first-served basis. Lockers rentals go on sale the first day of classes each semester and continue throughout the semester or until sold out.
- Lockers must be renewed or cleared by the last day of the rental contract or a \$10 clearing fee is charged to locker holder's university account.
- At the end of the rental contract, renters must clear their locker of all personal items.
- Personal items left in lockers at the end of the rental contract period are held for one month before being disposed of according to approved University procedures.
- Personal toiletry items such as cleansing products, hair care products, razors, wash clothes, etc., are not held, but disposed of for sanitation reasons.
- Personal articles may not be secured on outside of locker.

### **3.2.17 Weapons**

- Patrons carrying a weapon into the Student Recreation Center must secure the weapon(s) in a locked locker.
- Weapons that are not secured properly will be referred to CSUPD.

### 3.3 Moby

#### 3.3.1 Auxiliary Gym

- For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants. Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Closed toe, closed heel, non-marking athletic shoes required.
- Baby strollers/carriers are not allowed in the activity areas.
- Spectators are allowed to view activities from the balcony area only.
- Food and coolers are permitted outside the gym.

#### 3.3.2 Racquetball Courts

- For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants. Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Closed toe, closed heel, non-marking athletic shoes required.
- Baby strollers/carriers are not allowed in the activity areas.
- Racquetball courts are available during supervised hours only to Campus Recreation members.
- A racquetball reservation can be made within 24 hours of the desired time by calling (970) 491-3085 or through the [Campus Recreation Online Portal](#).
- Campus Recreation Members can reserve one court at a time for a maximum of two consecutive hours.
- Visit our [website](#) for available hours.
- Racquetball equipment is available for checkout at the Moby Complex.
- Eye protection is highly recommended.

#### 3.3.3 Pool

- Do not perform hypoxic/breath-hold training. Pool users must take at least one breath for every length of the pool. Intentional hyperventilation is not permitted.
- Cleansing soap shower is required before entering the pool or spa.
- Appropriate swim-wear (swimsuits or swim trunks) is required. Cut-offs are not appropriate attire.
  - Includes intramurals and other department programs
- Modesty t-shirts are acceptable at the Lifeguard's discretion.
- Street shoes are not permitted on the pool deck.
- Running on deck, pushing, horseplay, throwing people into the air, or "chicken-fighting" (being on someone else's shoulders) in the pool/spa is not permitted.
- Participants with communicable diseases or open sores are not permitted in the pool or spa.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.
- Food and gum are not permitted.
- Kickboards and pull-buoys are available for Athletics use only.
- Starting blocks are not available for use by recreational swimmers.
- No hanging on lane lines.
- Diving in areas other than the diving well is not permitted due to shallow water depth.
- Diving boards are for Athletics use only.
- Spectators allowed in bleacher area only.
- Scuba tanks are permitted only for scheduled/approved programs.
- The maximum capacity of the pool is 65 people.

Swimming pool participants share responsibility for controlling the spread of bacteria/parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues. Participants are strongly encouraged to be proactive regarding prevention of illness:

- Immediately report fecal contamination to staff so that appropriate disinfection can be administered.
- Refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved.
- Do not swallow pool water.
- Practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom.

### **3.4 South College & Glenn Morris Field House**

#### **3.4.1 Field House**

- For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Closed toe, closed heel, non-marking athletic shoes required.
- Baby strollers/carriers are not allowed in the activity areas. Use of wall curtain to protect windows is strongly encouraged.
- Damage to facility will be charged back to user group.
- Do not use the thin yellow mats, climbing rope, pole vault pit, or any exercise equipment.
- Users must return Field House to map condition – schematic posted in the office.

#### **3.4.2 Mat Room**

- For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Baby strollers/carriers are not allowed in the activity areas.
- Use of the mats must be requested at the time a facility reservation is made.
- Access to mats must be scheduled with the Scheduling and Event Management Coordinator prior to the scheduled use time.
- No shoes allowed on the mats.
- Users must return mats to the storage closet at the south end of the room.

#### **3.4.3 Pool**

- Do not perform hypoxic/breath-hold training. Pool users must take at least one breath for every length of the pool. Intentional hyperventilation is not permitted.
- Cleansing soap shower is required before entering the pool or spa.
- Appropriate swim-wear (swimsuits or swim trunks) is required. Cut-offs are not appropriate attire.
  - Includes intramurals and other department programs
- Modesty t-shirts are acceptable at the Lifeguard's discretion.
- Street shoes are not permitted on the pool deck.
- Running on deck, pushing, horseplay, throwing people into the air, or "chicken-fighting" (being on someone else's shoulders) in the pool/spa is not permitted.
- Participants with communicable diseases or open sores are not permitted in the pool or spa.
- Spitting, nasal discharge, urination, etc. in the pool or spa are not permitted.

- Food and gum are not permitted.
- Kickboards and pull-buoys are available for lap swim only.
- No Diving.
- No hanging on lane lines.
- scuba tanks are permitted only for scheduled/approved programs.
- The maximum capacity of the pool is 45 people.

Swimming pool users share responsibility for controlling the spread of bacteria/parasites that cause waterborne disease such as Cryptosporidium (a gastrointestinal illness caused by parasitic protozoa) in recreational water venues. Participants are strongly encouraged to be proactive regarding prevention of illness:

- Immediately report fecal contamination to staff so that appropriate disinfection can be administered
- Refrain from swimming while ill with diarrhea and for 2 weeks after diarrhea has resolved
- Do not swallow pool water
- Practicing good hygiene – Cleansing soap shower is required before entering the pool or spa and after using restroom

### **3.5 INDOOR PRACTICE**

- Campus Recreation will only enter and use the IPF during their specified time.
- Campus Recreation staff is responsible for opening and securing the IPF for all activities and need to ensure that both west and south doors are secure.
- Doors should be secured once the activity starts; do not leave the doors propped open.
- All activities will remain in the field/track portion of the IPF.
- Absolutely nothing can be put into or anchored in the field.
- No food (including sunflower seeds), tobacco, or drink is allowed in the IPF (water only). No spitting.
- Participants are allowed to keep a bag or personal belongings in their team bench area only. All users need to bring a change of shoes to enter the field turf – no outdoor shoes allowed.
- Activities should be spread around the field to avoid excessive use over any one location.
- No items or equipment should be left in the IPF following the activities.
- The field should be clean at the conclusion of all activities.
- No cleats or spikes of any type are allowed when using the track portion of the IPF.

### **3.6 Outdoor Facilities**

#### **3.6.1 General Outdoor Area Guidelines**

The outdoor recreation facilities are intended for the use by Colorado State University students, employees, and their guests.

- Outdoor activity areas are available for drop-in use when not reserved.
- Outdoor restrooms are open when the Student Recreation Center is open - weather permitting. Water is shut off to these facilities during the cold weather months.
- Inline/basketball/volleyball area closures due to Special Events are posted on the Campus Recreation website prior to the event.
- In order to request intramural field lights, a reservation must first be made with Facilities Management (970-491-0331) and then coordinated with the Campus Recreation Facility Scheduling and Event Management area (970-491-2011).



- Requests for outdoor lights for patio/inline rink/basketball/volleyball courts are made at the Student Recreation Center Service Center desk, (970) 491-6359.
- Skateboards and bikes are not permitted in the Student Recreation Center or on patio furniture, benches, bleachers, and landscape boulders.
- Non-glass, sealable containers are permitted at Student Recreation Center outdoor facilities. Campus Recreation staff determine if containers meet acceptable standards.
- Skateboards must be removed from the storage rack by building closure.

### 3.6.2 Outdoor Rink

Inline Hockey:

- Only low bounce hockey balls allowed. No pucks.
- Low bounce hockey balls are available for checkout at the Service Center.
- Checking is not permitted on the rink.
- Eye/face protection, helmets, and body pads are strongly recommended.

### 3.6.3 Lightning, Bad Weather, & Field Closures

Severe Lightning/Thunderstorm Procedures (Thor Guard)

- The Thor Guard lightning prediction and warning system will sound an alarm signaling a **red alert period: one - 15 second long blast from the horn and a strobe light on the assembly begins intermittently flashing.** *If the conditions appear unsafe and a red alert alarm has not sounded, common sense should be your guide and activities should still cease despite the absence of a Thor Guard warning.*
- All outdoor activities cease during red alert periods and appropriate shelter sought. Campus Recreation staff will advise participants to clear fields and playing areas. Participants may be evacuated to the IM Shed, Student Recreation Center, Moby, Academic Village, or personal vehicles. It is the participants' responsibility to confirm whether or not programming will be resumed or cancelled with Campus Recreation Staff prior to leaving during weather delays.
- When the Thor Guard sensor detects that the danger has passed (a minimum of 10 minutes after the original alarm) it **sends the all-clear signal; three separate - 5 second blasts from the horn, and the strobe light will stop flashing.** After the all-clear signal is sounded, outdoor activities may resume.

Field Closure and Notification

- When fields are determined to be unplayable (i.e., standing water, saturation, snow, pouring rain, lack of visibility, freezing temperatures), activity may be suspended and/or cancelled to avoid further damage to the field or risk of injury to individuals.
- Fields may be deemed "unplayable" by Campus Recreation or CSU Facilities Management staff.
- Traveling Sport Club teams contact Campus Recreation's Service Center desk at (970) 491-6359 or Sport Club desk at (970) 491-3793 for updated information on game status, field conditions or consult the Campus Recreation website.
- All Intramural participants are encouraged to count on games being played unless otherwise notified by email or phone by the Intramural Sports Office staff. Participants should call the IM Sports Information Line at (970) 491-6671 no more than 1 hour prior to game time for an updated status on games.
  - If a game is postponed due to weather or any other circumstance (field issues, lights, etc) just prior or during the contest, players are expected to check with the IM Manager on site before leaving to confirm whether that game will be resumed after delay.
  - If Intramural programming is delayed for any reason, captains/players from teams scheduled to play after the delay should check with an IM Manager by

their original game time in order to avoid a forfeit unless otherwise directed by IM staff.

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## **4 PROGRAMS**

### **4.1 Fitness**

#### **4.1.1 Fitness – General Policies**

- Class participation is on a first-come, first-served basis.
- Notify the instructor of any physical considerations you have before class begins.
- Return equipment to designated storage space.
- Mind-Body and Cycling unlimited passes are valid for the semester purchased and may not be transferred to a following semester.
- Mind-Body and Cycling daily passes are not refundable including for loss or theft.
- Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.

#### **4.1.2 Fitness – Group Exercise & Mind-Body Classes**

- Maximum capacities for fitness studios:
  - Studio 1 – 68
  - Studio 2 – 25
  - Studio 4 – 48
  - Cycle Studio - 20
- Some classes are self-limiting due to available equipment.
- Group fitness classes are included with membership and offered on a drop-in basis.
- A valid Mind/Body pass is required for participation in all Mind/Body classes unless otherwise noted on the fitness schedule.
- Mind/Body passes do not ensure a spot in Mind/Body classes.
- Mind-Body passes are purchased at the Service Center and must be shown to instructor to participate.

#### **4.1.3 Fitness – Indoor Cycling**

- A valid Cycling pass is required for participation. Cycling passes do not ensure a spot in cycle classes.
- A cycle reservation can be made within 24 hours of the class by calling (970) 491-3085.
  - Participants with reservations check in with instructor prior to class start time.
  - Unclaimed reserved cycles are forfeited 5 minutes prior to class start.
- Unreserved bikes are available on a first-come, first-served basis.
- Class size is limited to 20 participants.
- Cycle passes are purchased at the Service Center and must be shown to instructor to participate.

#### 4.1.4 Dance & Martial Arts

- Participants may attend their first class free and must register at the Service Center to continue attending.
- All classes require participants to sign waivers.
- Refund requests made after the start of the second class session will be considered only for substantiated medical reasons with proof from a physician. Late registration fees will not be refunded. All refunds are subject to a \$5 processing fee and can take up to two weeks to be processed.
- Dance and Martial Arts classes that do not meet minimum enrollment will be cancelled at least one business day before the class starts and a full refund will be provided.
- Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.

#### 4.2 Intramural Sports

- All participants are required to have a current [Intramural Membership](#) & [Campus Recreation Membership](#) in order to participate.
  - Individuals must purchase an IM Membership each semester which allows participation in all sports; there are no longer team fees for sports (with a few exceptions).
- Registration and meeting roster minimums are required before event registration deadlines in order to participate.
  - Many leagues and tournaments reach capacity prior to the registration deadline, all events are filled on a first come, first serve basis; league and tournament spots aren't held for teams who don't meet roster minimums.
- All participants must sign a waiver prior to participation.
- Intramural team names are reviewed by staff and edited when necessary.
- Intramural professional staff makes the final decision on postponements and cancellations.
- The full text of Intramural Policies & Procedures are posted on the Intramural Sports webpage [here](#).
- All participants are expected to know and abide by the Intramural event rules and program policies and procedures.

#### 4.3 Massage Therapy

- Massage therapy is open to CSU Students, the CSU Community, and guests.
- Participants must schedule and pay for appointments at least 24 hours in advance. This can be done by calling or stopping by the Student Recreation Center Service Center.
- To receive a refund for a cancelled massage, or reschedule a massage, clients must notify the Service Center, in-person or by phone, by 5PM the business day before their scheduled appointment.

#### **4.4 Outdoor Program**

- Pre-registration and payment is required to participate and payment must be made at the time of registration.
- Participants must sign a waiver and complete a medical history form prior to program date to participate.

#### **4.5 Outdoor Gear Rental**

- Campus Recreation membership is required to use the Outdoor Gear Rental program.
- The Outdoor Gear Rental Pass is purchased at the Service Center desk for \$10 for 30 days or \$25/90 days.
- Important note: a current Campus Recreation membership is required to purchase or use an Outdoor Gear Rental Pass.
- Members may purchase multiple one-month passes throughout the year and two concurrent passes.
- A rental contract is signed at the time of equipment pick-up. Outdoor gear responsibility is solely with the signer on the contract regardless of who uses the equipment.
- Outdoor Gear Rental Pass holders can check-out multiple items at one time, but are limited to one per type. If two concurrent passes are purchased, the pass holder can rent two of each type of piece equipment.
- All gear rentals are five days in length during the year but can be up to 8 days in length during summer break, fall break, winter break, and spring break.
- After purchasing an Outdoor Gear Rental Pass, participants check-out/in outdoor gear at the Outdoor Resource Room (hours posted on-line).
- Late returns, dirty, lost, stolen, or damaged gear is subject to additional fees as outlined on the rental contract.

#### **4.6 Personal Training**

- Clients must purchase and complete a Fitness Assessment prior to participating in personal training sessions.
- Fitness Assessments are valid for one year. For example, a client must purchase and complete another fitness assessment before engaging in personal training sessions if their fitness assessment was conducted more than one year prior.
- Clients must complete the Exercise Pre-Participation Health Screening Questionnaire (Page 2 of Personal Training Registration Packet) to determine whether or not a Physician Referral Form is required before the Fitness Assessment can be conducted.
- Clients must schedule and pay for appointments 48 hours in advance at the Service Center.
- Participants have one year to utilize personal training sessions from date of purchase.
- Cancellations and changes are accepted 24 hours before the scheduled appointment date.
- Personal Training Sessions are non-refundable unless client has substantiated medical reasons with physician documentation provided. All refunds are subject to a \$5 processing fee and can take up to two weeks to be processed.
- Campus Recreation fitness classes and personal training sessions are suitable for all fitness levels and do not require previous experience. Our instructors are trained to

challenge participants; however, please remember to listen to and honor your body's strengths, weaknesses, or any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.

#### **4.7 Sport Clubs**

- All participants must sign waiver and complete health history, member code of conduct, and driver agreement forms.
- Participant eligibility is verified by the Sport Clubs office staff prior to participation.
- The Sport Club Manual is available upon request at the Sport Club office and on the Campus Recreation webpage at: <http://csurec.colostate.edu/about/policies/>.