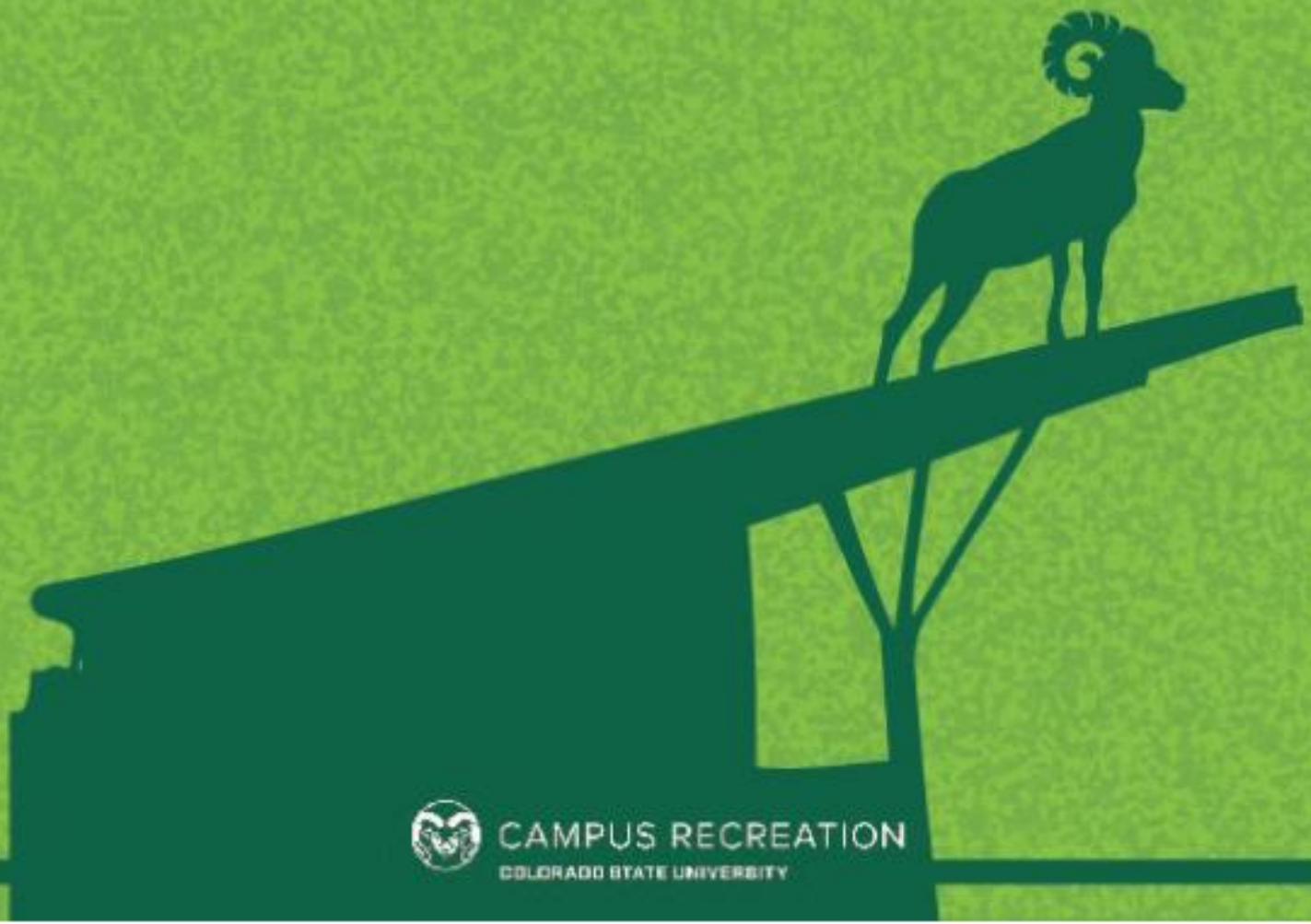
Campus Recreation Handbook 2024-25



CAMPUS RECREATION
COLORADO STATE UNIVERSITY

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

TABLE OF CONTENTS

1 INTRODUCTION & GENERAL DEPARTMENT INFORMATION 5
1.1 Contact Information 5
1.2 Commitment to Diversity & Inclusivity 6
1.3 Overview of Facilities 6
1.4 Overview of Programs 7

2 GENERAL MEMBERSHIP INFORMATION 7
2.1 Memberships/Eligibility/Family Recreation 7
2.2 Spouse/Partner Memberships 8
2.3 Daily Guest Pass 8
2.4 Payment Methods 9
2.5 Refunds 9
2.6 Identification 9
2.7 Behavior 9
2.8 Assumption of Risk 11

3 CAMPUS RECREATION FACILITIES POLICIES 11
3.1 General Activity Area Guidelines 11
3.1.1 Age Requirements 12
3.1.2 Spouse/Partner and Youth Hours 12
3.1.3 Equipment Checkout 13
3.1.4 Lost, Damaged, or Stolen Items 13
3.1.5 Media Interviews and Photography/Videotaping 13
3.1.6 Sales, Solicitation, and Advertising 14
3.1.7 Facility Scheduling 15
3.2 Student Recreation Center 15
3.2.1 Main Gym and MAC Gym 15
3.2.2 Turf Area 16
3.2.3 Mat Room 16
3.2.4 Fitness Center (Cardio & Weight Areas) 17
3.2.5 Fitness Center (Free Weight Areas) 17
3.2.6 1st Floor Weight Room 18
3.2.7 Track 19
3.2.8 Studios 1, 2, & 4 19
3.2.9 Studio 3 19
3.2.10 Cycling Studio 20
3.2.11 Bouldering Wall/Climbing Tower 20
3.2.12 Aquatic Facilities General 20
3.2.13 Spa 21
3.2.14 Steam Room & Sauna 21
3.2.15 Aquatic Climbing Wall 22
3.2.16 Lockers 22
3.2.17 Weapons 22
3.3 Moby 23
3.3.1 Auxiliary Gym 23
3.3.2 Racquetball Courts 23
3.3.3 Pool 23
3.4 South College & Glenn Morris Field House 24
3.4.1 Field House 24
3.4.2 Mat Room 24

3.4.3 Pool 24
3.5 Indoor Practice Facility 25
3.6 Outdoor Facilities 25
3.6.1 General Outdoor Area Guidelines 25
3.6.2 Outdoor Rink 25
3.6.3 Lightning, Bad Weather, & Field Closures 26

4 PROGRAMS 27
4.1 Fitness 27
4.1.1 Fitness – General Policies 27
4.1.2 Fitness – Group Fitness & Yoga Classes 27
4.1.3 Specialty Classes 27
4.2 Intramural Sports 27
4.3 Massage Therapy 28
4.4 Outdoor Program 28
4.5 Outdoor Gear Rental 28
4.6 Personal Training 29
4.7 Sport Clubs 30
4.8 Aquatics 30
4.8.1 Red Cross Classes 30
4.8.2 Swim Training 31

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
https://csurec.colostate.edu/

Main Line	(970) 491-6359
Aquatics Program, Red Cross Classes, & Swim Lessons	Option 2
Personal Training & Specialty Classes	Option 3
Outdoor Gear Rental Equipment Desk	Option 4
Hosting an Event at the Student Recreation Center	Option 5
Group Classes & Yoga	Option 6
Intramural Sports Desk	Option 7
Sport Clubs Desk	Option 8
Membership, Service Center & All Other Questions	Option 9

Massages can be booked online at: https://csurec.colostate.edu/massage/

1.1 Department Vision, Mission, Values

VISION

- We empower every member of the CSU community to pursue their lifelong wellbeing through recreation.

MISSION

- Campus Recreation promotes healthy lifestyles by offering quality programs, facilities, and services to the CSU community in order to foster personal growth, leadership development, and student success in an environment that embraces individual differences.

VALUES

- Inclusion: We welcome, value, and affirm our diverse students, participants, and staff, and strive to offer intentional and socially just recreational opportunities.
- Integrity: We hold ourselves and each other accountable by ensuring our actions align with our principles.
- Community: We cultivate an environment of collaboration, support, and connection.
- Development: We support the whole person in a learning-centered environment focused on meaningful experiences, self-discovery, and leadership.

1.2 Commitment to Diversity & Inclusivity

Colorado State University's Non-Discrimination Policy

Colorado State University is committed to providing an environment that is free from discrimination and harassment based on race, age, creed, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, gender identity or expression, or pregnancy.

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 gender identity.

1.3 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 Recreation programs and services. All Campus Recreation professional staff offices are in this facility.
- **Intramural Fields**
  - **Address:** 951 Meridian Avenue, Fort Collins, CO, 80523
  - **Description:** This is a shared space and the main fields area for Intramural Sports, Sport Club practices & events, and field reservations.
- **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 facility owned by Athletics but shared with Campus Recreation for programming.
- **University Tennis Complex**
    - **Address:** 2400 Research Blvd, Fort Collins, CO 80526
    - **Description:** This is a facility owned by Athletics but shared with Campus Recreation for programming.

1.4 Overview of Programs

Campus Recreation offers several program areas. Information on Campus Recreation Programs can be found here.

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, who are taking six (6) or more on campus credits receive a Campus Recreation membership as part of their student fees.
- Online courses and study abroad programs do not count towards the six (6) credits.
- Non-full fee paying CSU students, CSU employees and their spouse/partner are eligible to purchase a Campus Recreation membership.
- CSU students/employees may sponsor themselves for a day membership with a valid CSU ID.
- CSU Degree Granted Alumni and CSU Alumni Association Lifetime Members, and their spouse/partner are eligible to purchase an Alumni Membership at the Service Center.
- CSU Official University Retirees, Osher Institute Members, CSU ROTC, CSU Global Students, CSU Visiting Scholars, LSC Canvas Branch employees, and their spouse/partner can apply to be eligible to purchase an Affiliate Membership at the Service Center. This process can take up to three (3) business days for approval of membership application.
- Degree-seeking Front Range Community College students and their spouse/partner are eligible to purchase an FRCC Membership. This process can take up to three (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) can access the Student Recreation Center to aid someone in their workout.

- The Personal Care Assistant must 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 three (3) business days.

2.2 Spouse/Partner Memberships

- Student/employee must accompany their spouse/partner for first time purchase of spouse/partner membership.
- For a spouse/partner to purchase a membership, the CSU member and spouse/partner must bring in proof of shared residence. Shared residence is required for spouse/partner eligibility during Spouse/Partner and Youth hours.
- 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 Spouse/Partner and Youth hours for no fee.

2.3 Daily Guest Pass

Student Recreation Center participants may sponsor up to four guests (activity area age restrictions apply).

- All guests must be sponsored by a Campus Recreation member to be eligible for daily guest pass.
- A valid photo ID with the birthdate 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 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.
- Guest pass prices are dependent on sponsoring membership type, $5 for student members, $6 for staff members, $7 for all other membership types.

2.4 Payment Methods

Campus Recreation accepts payment in form of RamCash, Apple Pay, Visa, MasterCard, and Discover. Membership, locker rental, and towel service payments 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.
- RamCash express cards are available for purchase/reload in the Sprockets area of the Student Recreation Center.

2.5 Refunds

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

- Refund requests are to be submitted by the patron requesting the refund.
- 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.
- 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 must present their CSU ID Card, Campus Recreation Membership Card, or Campus Recreation App 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.

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 provide an identification card for another's use violates University regulations and the Student Conduct Code. Consequences may include 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 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 Recreation Center must be sent to the Assistant Director of Member Services 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. Exceptions granted for ADA-Approved mobility equipment.
- 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 CSU's Student Disability Center, emotional support animals are not allowed in the Student Recreation Center.
- Campus Recreation staff are not authorized to cut off bike or skateboard 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 a responsible adult in all areas of the facility. Spouse/Partner and Youth policies can be found here.
- 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 or academic break periods or 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 individual's 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 must present their CSU ID Card, Campus Recreation Membership Card or Campus Recreation App 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 higher-risk activities may be required to sign waivers.

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.
- Clothing material or accessories that may damage equipment and upholstery are not permitted on equipment.
- 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 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 must be accompanied by a parent/guardian and actively supervised while in the SRC. Sitting or lounging unsupervised in activity spaces while a parent/guardian actively recreates is prohibited for safety purposes.
All Weight and Cardio Areas	14 and 15 years old with direct adult supervision Individuals under 14 years old are not allowed in these areas
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. Children under 5 years of age are not allowed in the Hot Tub/Spa due to health and safety concerns.
Climbing Wall	3 years and older to be in the Climbing Wall area, 16 years and older to belay

3.1.2 Spouse/Partner and Youth Hours

- During the academic year, Spouse/Partner & 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 Spouse/Partner & Youth hours.
    - The pool will be available for Spouse/Partner & 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 Spouse/Partner & Youth hours free of charge.
    - Adult sponsor must be parent/legal guardian of the youth OR be authorized by the parent/legal guardian to sign a waiver on behalf of the youth.
    - Children under 16 must be under direct supervision of parent/guardian.
    - Adult sponsor must remain in facility with non-fee-paying spouse/partner and youth participants during spouse/partner & youth hours.
    - Adult sponsor must be accessible in the facility to supervise and advise on medical treatment for youths aged 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 the Check In Desk.

- 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, Campus Recreation Membership Card or Campus Recreation App. 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. The exception to this policy is that information regarding a participant's lost CSU ID card can be confirmed over the phone if the participant can provide their full name and ID number. CSU ID cards or Campus Recreation Membership Cards may be scanned into Fusion by Service Center staff, and patrons may be notified via email that their CSU ID card or Campus Recreation Membership Card is at the Service Center. 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.
- CSU ID Cards are returned to the RamCard Office 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.
- Personal toiletry items such as cleansing products, hair care products, razors, washcloths, etc., are disposed of immediately due to sanitary health reasons.
- Unclaimed valuables including Residence Hall and University keys are given to CSU Police Department weekly.
- Items such as bags, clothing, footwear, sports gear, water bottles, etc., are secured at the equipment desk. 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 where patrons often feel more vulnerable than other places on campus, therefore photography and videography are strictly regulated past the turnstiles and require advance notice and explicit permission. Requests to film or photograph within the Student Recreation Center must be sent to the Marketing and Communications team at least two (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 Marketing and Communications team, 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 consistently and clearly displayed

during the whole photo/video shoot. Persons without an approved media pass will be asked to cease filming and must contact the Marketing and Communications team for permission to return at a later time for media needs. 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 using point-and-shoot, DSLR, mirrorless, or video cameras, as well as tripods/monopods, additional lighting/sound equipment, or other peripherals requires an approved media pass.
- 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 (including personal sponsored or revenue-generating social media accounts), unless explicit permission has been granted by the Marketing and Communications team. This includes “selfies”, photoshoots, workout videos, or other media that may be posted to a company’s social media accounts, websites, or other promotional channels.
- Photography/videotaping may not be conducted in the locker rooms and restrooms.
- Tour groups are not permitted to take photos while touring our facility.
- Summer camps, conferences, and other special event groups may request a media pass that will allow them to take photo and video during their time in our facility (standard lead times outlined above apply). 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 and/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.
- The use of DSLR, mirrorless, video cameras, or any other peripherals does not fall within the selfie policy and must follow the standard media request process above.
- 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. Please contact the Marketing and Communications team or call (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, solicitations, and advertisements are prohibited within the Student Recreation Center.

- Poster space within the Student Recreation Center is reserved for Campus Recreation promotions or official partnership promotions, with one exception to be considered.
    - The Marketing and Communications team may consider allowing poster space for events or promotions that meet both of the following qualifications:
        - CSU affiliated or sponsored event, program, etc.
        - Event, program, etc. aligns with Campus Recreation's mission, vision, and values.
- CSU organizations and departments wishing to partner on an event or promotion can contact the Marketing and Communications team to explore options together.
- Student Organizations and departments wishing to promote their event to students should contact the Lory Student Center for advertising options.
- Non-CSU organizations and businesses should contact the office of External Relations for information regarding campus advertising opportunities.

3.1.7 Facility Scheduling

Student Recreation Center

- Student Recreation Center meeting/activity space may be reserved. Information about facility reservations and to make reservation requests are online here. Moby, South College/Glenn Morris Field House, Tennis Complex, and Field Reservations
- The Department of Facilities Management (FM) is responsible for scheduling events at Moby Complex, South College/Glenn Morris Field House Complex, Tennis Complex and the fields. FM schedules events for the CSU and non-CSU communities. 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.
- Fitness strength equipment (dumbbells, medicine balls, kettlebells, etc.) are not permitted on the Main Gym wood floor surfaces.
- 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 sport court flooring or ledges.
- In the MAC Gym, participants are not allowed to sit on the ledges around the sport court.

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.

Pickleball
- Hours for drop-in pickleball are noted on the Campus Recreation website.
- When two or more pickleball players are present, non-pickleball users must vacate the 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 Turf Area

- No barbells or Olympic lifting permitted on turf
- No dropping or slamming weights on turf area
- Sled, battle ropes, and medicine balls are only allowed on the turf and should not be used on the wood floor
- 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 Turf area should be kept behind the protective curtain.

3.2.3 Mat Room

- Individuals wanting to perform Martial Arts and Wrestling activities will have priority in the Mat Room during drop-in hours.

- Drop-in use ends 10 minutes prior to all reservations.
  - Items stored in cubby spaces are to be removed prior to all reservations. If items are left, they are not able to be retrieved until after the reservation has ended.
- Only boxing and wrestling shoes or no shoes are permitted on the mat.
- Martial Art Gi's and other athletic attire recommended for this space.
- Wearing a top is highly recommended when performing martial arts while in contact with the mat ground.
- Hand wraps or sparring/boxing gloves are required to use bags.
- Sparring/boxing gloves can be checked out from the Equipment Desk.
  - Participants must have hand wraps to check out the gloves.
  - Hand wraps are required while using Campus Recreation's sparring/boxing gloves and can be purchased at the Service Center.
- Martial Arts and boxing may only be performed against heavy bags or individual groundwork. No sparring, throws, wrestling, rolling, or other contact may be practiced without a Campus Recreation instructor present during scheduled class.
- Hanging or swinging from the bags is not permitted.
- Sticks designed for use on 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 occur – contact facility staff immediately for clean-up.
- 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 space
  - Music content must abide by the Colorado State University Principles of Community.

3.2.4 Fitness Center (Cardio & Weight Areas)

- Contact a Recreation Assistant for basic equipment assistance.
- Bags and personal clothing may not be left on the floors, benches, or ledges. All personal items must be placed in lockers.
- Closed toe, closed heel, non-marking athletic shoes required.
- Wearing a top is highly recommended when performing exercise while in contact with mats or vinyl.
- 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 as approved by Campus Recreation.
- 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 cubby.
- Explosive-style lifts (cleans, snatches, jerks, etc.) are prohibited in all activity areas other than the Olympic Platforms in the 1st Floor Weight Room.
- Wipe down equipment before and after use.
- The use of lifting chalk is prohibited in all activity areas other than the 1st Floor Weight Room.
- Dumbbells and weights are not allowed on the track.
- Priority for use of Braille equipment goes to participants with low or no vision.

3.2.5 Fitness Center (Free Weight Areas)

- Contact a Recreation Assistant for basic equipment assistance.

- Bags and personal clothing may not be left on the floors, benches, or ledges. All personal items must be placed in lockers.
- Closed-toe, closed-heel, non-marking athletic shoes required.
- Wearing a top is highly recommended when performing exercise while in contact with mats or vinyl.
- 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 changed or removed from the rooms, unless directed by 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.
- The use of lifting chalk is prohibited in all activity areas other than the 1st floor Weight Room.
- Explosive-style lifts (cleans, snatches, jerks, etc.) are prohibited in all activity areas other than the Olympic Platforms in the 1st Floor Weight Room.
- Deadlifting from the floor is prohibited in all activity areas other than the 1st Floor Weight Room.
- Wipe down equipment before and after use.

3.2.6 1st Floor Weight Room

General Area Policies

- Contact a Recreation Assistant for basic equipment assistance.
- Bags and personal clothing may not be left on the floors, benches, or ledges. All personal items must be placed in lockers.
- Closed toe, closed heel, non-marking athletic shoes required.
- Wearing a top is highly recommended when performing exercise while in contact with mats or vinyl.
- 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 do not spot.
- Use of equipment other than for its designed function is prohibited.
- 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 changed or removed from the rooms, unless directed by 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.
- Wipe down equipment before and after use.

Olympic Lifting Specific Policies

- Only one patron may use the Olympic lifting platform/rack at a time.
- Those performing Olympic style lifts have priority on the Olympic platforms.

- Olympic lifting platforms must be clear of all non-essential equipment and personal items prior to performing a lift. Weight benches are allowed on platforms to perform desired lifts.
- 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 of clips/collars on all Olympic bars is required for all lifts.
- Bumper plates must be used for Olympic lifts on the designated platforms.
- Lifting chalk may be used in the designated Olympic lifting area only.

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 outside lanes and walk on inside lane.
- More than two abreast is not permitted.
- Active participants using strollers are permitted on the inside lane of the track.
- Weight equipment not permitted on the track.
  - Weight vests are allowed.
- Lunging is permitted in the inside (walking) lane only. Lunging 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

- Shoes must be non-marking.
  - Bare feet or socks allowed.
  - Heels with caps are allowed.
- 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, but equipment is to remain locked in storage except during scheduled classes.
- 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 15 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.
  - Music content must abide by the Colorado State University Principles of Community.

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.
- Wearing a top is highly recommended when performing exercise while in contact with mats or vinyl.
- 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.
  - Music content must abide by the Colorado State University Principles of Community.

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.
  - Music content must abide by the Colorado State University Principles of Community.
- Drop-in use ends 15 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.
- Closed toe and closed heel footwear are required while climbing in the climbing area.
- 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 a bi-annual test administered by Climbing Wall staff.
- Seated belaying is prohibited.
- Bouldering, roped climbing, and equipment checkout are available during regular operation hours of the Climbing Wall. Climbing is not permitted outside of operating hours.
- 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.
- Running on deck, pushing, dunking others, throwing people into the air, or “chicken-fighting” (being on someone else’s shoulders) is not permitted.
- 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:

- Appropriate swim attire includes clean, athletic attire
  - Traditional swimsuits, athletic shirts, athletic shorts, athletic leggings, t-shirts, or breathable long sleeve shirts.
  - Inappropriate swim attire: jeans, socks, shoes, sweatpants, sweatshirts, or undergarments of any kind are not allowed in the aquatics area.
  - All patrons are allowed to be topless in the aquatics area

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 diseases 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.
- Users should not wear excess clothing such as a sweat suit, corset waist trainers, closed toe 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 15 and sauna capacity is 15.
- 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 jump away from the wall. Drop straight down into the water.
- 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.
- Only one locker can be purchased per member.
- Locker 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.
- Lockers will only be opened for the member who purchased it.
- No stickers or adhesive of any type may be placed on the outside or inside of the locker.
- 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

- Colorado Senate Bill 24-131, signed into law and in effect as of July 1, 2024, prohibits a person from knowingly carrying a firearm, both openly and concealed, in a government building including on public college or public university campuses, exceptions for concealed carry permit holders carrying in the parking areas of a college or university.
    - Patrons may not bring firearms or other weapons (hunting knives, archery, fencing, paintball guns, pellet guns, taser guns, air soft guns, martial arts equipment, slingshot, any item that is a reasonable facsimile, etc.) into the Student Recreation Center.
    - Firearms, weapons, or explosives of any nature (including fireworks and flammable liquids) are strictly prohibited in the Student Recreation Center.
    - Exotic weapons (such as swords, nunchucks, etc.) are also not permitted on University property and must be stored at CSU Police Department.

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.
- In accordance with the Americans with Disabilities Act, service dogs or mini horses are permitted in the gym and balcony area.
- In accordance with CSU's Student Disability Center, emotional support animals are not allowed in the gym or balcony area.

3.3.2 Racquetball Courts

- For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is recommended for participants.
- Closed toe, closed heel, non-marking athletic shoes required.
- Baby strollers/carriers are not allowed in the activity areas.
- 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.
- Clean, athletic attire (traditional swimsuits, athletic shirts, athletic shorts, athletic pants, t-shirts, or breathable long sleeve shirts). Jeans, sweatshirts, sweatpants, socks, shoes, or undergarments of any kind are not allowed.
- Running on deck, pushing, horseplay, throwing people into the air, or "chicken-fighting" (being on someone else's shoulders) in the pool 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 is 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, kayaks, and other large equipment are permitted only for scheduled/approved programs. All equipment must be clean before being used in the water.
- 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 recommended for participants.
- Closed toe, closed heel, non-marking athletic shoes required.
- Baby strollers/carriers are not allowed in the activity areas.
- Damage to facility will be charged back to user group.
- Do not use any equipment not owned by CSU Campus Recreation.
- Before leaving, users must return Field House to the condition it was in when users arrived.

3.4.2 Mat Room

- For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants.
    - Wearing a top is highly recommended when performing martial arts while in contact with the Mat ground.
- Baby strollers/carriers are not allowed in the activity areas.
- No shoes allowed on the mats.

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.
- Clean, athletic attire (traditional swimsuits, athletic shirts, athletic shorts, athletic pants, t-shirts, or breathable long sleeve shirts). Jeans, sweatshirts, sweatpants, socks, shoes, or undergarments of any kind are not allowed.
    - Includes Intramurals and other department programs
- 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.
- Spitting, nasal discharge, urination, etc. in the pool 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, kayaks, and other large equipment are permitted only for scheduled/approved programs. All equipment must be clean before being used in the water.
- 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 Facility

- Campus Recreation will only enter and use the IPF during their specified time.
- Campus Recreation staff are responsible for opening and securing the IPF for all activities and need to ensure that both west and south doors are secure.
- 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 have a clean pair of shoes to enter or participate in the field turf area. Outdoor shoes should be cleaned before entering turf area.
- 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).
- Outdoor court and rink lights are turned on during evening drop-in hours and are turned off at building close. Any requests for lights outside of these times must be accompanied by a corresponding facility space reservation and may be subject to additional cost for lighting. Outdoor lights may be turned off at the discretion of staff based on weather, closures, or other.
- 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

General

- Drop-in inline hockey has priority over all other activities, unless approved by reservation from Facilities Management or Campus Recreation.

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 Student Recreation Center, Moby, Academic Village, or personal vehicles. It is the participants' responsibility to confirm whether 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.
- Sport Club teams scheduled to practice can expect to receive communication from the Sport Clubs office if the fields are closed for weather. If the office is able to anticipate inclement weather on a business day it will send a cancellation email to affected teams no later than 3:00PM. After that point, if unforeseen weather during programming causes a closure, Sport Club Managers supervising practices or events will close the fields as needed after consulting any with other staffed recreation groups using the field. The Managers will call Club officers directly to inform them of closure in such a case.
- Visiting Sport Club teams contact the Club Leadership directly regarding the status of the competition based on inclement weather.
- All Intramural participants are encouraged to count on games being played unless otherwise notified by email, text, 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.

4 PROGRAMS

4.1 Fitness

4.1.1 Fitness – General Policies

- Register online at purchases.csurec.colostate.edu up to 7 days prior to the class start time.
  - Drop-in class participation is permitted if there is room in class. Patrons may register at the door.
- Notify the instructor of any physical considerations you have before class begins.
- Wipe down equipment after use.
- Return equipment to designated storage space after use.
- Campus Recreation group 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 Fitness & Yoga Classes

- Maximum capacities for studios:
  Studio 1 – 68
  Studio 2 – 25
  Studio 4 – 48
  Cycle Studio – 16
- Some classes are self-limiting due to available equipment.
- Group classes are included with membership and offered on a drop-in basis.

4.1.3 Specialty Classes

- Participants may attend free week but must register online to participate during the semester.
- All classes require participants to sign waivers.
- Refund requests made after the start of the second-class session will be considered only under extenuating circumstances. 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.
- Specialty 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 group 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 and 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; (with a few exceptions). IM Memberships are free during the summer term but participants must still obtain one online to update individual eligibility.

- 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 are not 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 should fit within Colorado State's Principles of Community; team names will be edited when necessary.
- Intramural professional staff make 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.
- Information on how to register for a massage can be found on the Massage Therapy webpage here.

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

- Current Student Recreation Center members can purchase a Semester Pass to rent items from the Outdoor Gear Rental during the duration of the Semester Pass. Members must maintain both a current Student Recreation Center membership and Outdoor Gear Rental (OGR) Semester Pass in order to rent equipment at the time of checkout.
- A contract is signed at the time of OGR Pass purchase acknowledging that the renter is solely responsible for any equipment rented and any equipment that is late, needs replacement/ repair, or needs to be cleaned will be charged a fee. All fees will be charged to the renter and are subject to billing through CSU accounts receivable and are subject to regulations concerning overdue accounts. Outdoor gear responsibility is solely with the signer of the contract regardless of who uses the equipment.
- The Outdoor Gear Rental (OGR) does not accept reservations for rental equipment. Equipment is rented "as-is" on a first-come, first-served basis.
- All Renters are eligible to rent up to six (6) – single equipment items (example: one tent, one sleeping bag…) at a time for the Rental Period. Student Recreation Center Members may purchase one additional Semester Pass to rent a maximum of two single equipment items (example: two tents, two sleeping bags, etc.) and a maximum of 12 items at a time for the Rental Period.
- There are two types of rental periods on the OGR Pass:

- **Weekday Rental:** Rental periods that start on Monday, Tuesday, or Wednesday are considered a Weekday Rental. Weekday rental periods are 1-day in length in which items are due the following day from the day items are checked-out.
- **Weekend Rental:** Rental periods that start on Thursday or Friday are considered a Weekend Rental. Weekend rental periods are either 3 or 4 days in length in which items are due Monday directly following the Thursday or Friday items are checked-out.

- Each OGR pass holder has access to ONE extended rental during the duration of the pass. Extended rental has a maximum rental period of 14 days.
- After purchasing an Outdoor Gear Rental Pass, participants check-out/in outdoor gear at the Outdoor Resource Room (hours posted on-line).
- The Outdoor Gear Rental (OGR) in the Student Recreation Center offers group rentals for CSU Departments (both academic and non-academic). Group Rentals offer CSU Departments the ability to reserve a variety of commonly used outdoor recreation equipment items to rent such as sleeping bags, tents, backpacks, snowshoes, and more.
    - Internal Order (IO) Number Required for Payment: The department MUST be able to provide an Internal Order Number (also known as an IO Number) through Kuali Financial Systems for payment. Without an Internal Order Number, OGR will NOT be able to complete the group rental request. The Internal Order Number will be created AFTER your request has been approved and the overall rental cost has been determined.
    - Reservation Parameters: The Group Rental Request Form must be submitted at least 14 days out from the requested group rental. The Group Rental Request Form can be filled out online on our website. You can request group rentals up to 90 days in advance.
    - Rental Period: The standard Rental Period for Group Rentals is five (5) days. An extension of the five-day rental period is possible but will be reviewed on a case-by-case basis. The longest possible rental period for a Group Rental is 14 days. Renters have the rental period to both use and return the equipment to the Student Recreation Center. Any equipment returned after the due date is subject to late fees.
    - Renter Equipment Quantity and Cost: There is no maximum quantity of equipment that Group Rentals can request. However, depending on equipment availability, requests may be subject to change. Rental costs vary and will be communicated by email following the submission of the Group Rental Request Form.

4.6 Personal Training

- Clients must fill out the online registration form and purchase an Initial Package prior to participating in personal training sessions.
- All Personal Training sessions are valid for one year. For example, a client must purchase and complete another initial package before engaging in personal training sessions if their initial package was conducted more than one year prior.
- Clients must complete the Exercise Pre-Participation Health Screening Questionnaire to determine whether or not a Physician Referral Form is required before the Initial Package can be conducted.
- Personal Training Sessions are non-refundable unless the client has extenuating circumstances. All refunds are subject to a $5 processing fee and can take up to two weeks to be processed.
- Campus Recreation group 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 or

any existing injuries. If you feel discomfort or dizziness, discontinue exercising and notify the instructor.

4.7 Sport Clubs

- General information about the Sport Club program such as a list of Clubs, Club contact information, and office contact information can be found on the Sport Clubs website: https://csurec.colostate.edu/sport-clubs/
- All participants must join their Club's roster on IMLeagues. On IMLeagues they must sign a waiver and complete health history, member code of conduct, concussion agreement, and a variety of other forms prior to participation.
- 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/.

4.8 Aquatics

4.8.1 Red Cross Classes

- Participation in Red Cross Classes is limited to CSU students who have a valid membership to the Student Recreation Center.
- Maximum class size is 18 students. Class registration is on a first-come, first-served basis.
- Registration begins the first day of each semester and ends two business days before the first class meeting (Five business days before for all Lifeguard classes). Registration is first-come, first-serve so it will also close when a class hits the maximum available spots.
- Please register using our online purchasing, or at the Service Center desk in the lobby of the Student Recreation Center. Please have the section number, name, and date of the class you want to register for, so you are enrolled in the correct section. Participants are responsible for verifying that they have been enrolled in the correct course. The Service Center accepts cash, credit card (MasterCard, Visa), RamCash, and check (with a valid driver's license).
- Classes that do not hit minimum enrollment will be canceled. All participants will receive a full refund if the class is canceled for enrollment reasons. If a class is full, you can join the wait list for free. If a spot opens and you are the next wait list person, you will be contacted via email as long as the Service Center has your most accurate email address.
- Pocket masks are required for all CPR/AED for Professional Rescuer and Lifeguarding courses. Participants that do not have a personal pocket mask must pay for one during class registration. Purchased masks are provided in the classroom on the first day.
- Participants under the age of 18 must have their parent or guardian complete and sign a participant waiver form before the class. The participant must bring this completed form with them on the day of the class and give it to the instructor.
- For Blended Learning courses, the participants must complete the online components of the course before the in-person class date. They must also show proof to the instructors that the online content was successfully completed, otherwise the participant will not be permitted to take the in-person class.
- Notify the instructor of any physical considerations you have before class begins.
- Certification is not guaranteed. All participants must pass a written and practical exam. Refunds are not given if participants do not pass the class. For the pretest that is a part of the Lifeguard Training courses only, participants that fail the pretest will

not be allowed to continue with the course but will receive a refund (minus the processing fee).

- Class transfers are not permitted. If you need to switch classes, you will need to submit a refund request (per the policies noted below) and then enroll in the new class you want to be in, if space is still available. Refund requests are accepted at the Service Center. All Red Cross class refund requests must be submitted on or before 5pm five business days before the first class session. All refunds are assessed a $5 processing fee. Late registration fees will not be refunded. Refunds are not given in the event that the participant does not pass the class or for individuals who miss the class without prior notice.

4.8.2 Swim Training

- Swim Training is open to Student Recreation Center members only.
- Clients can select either private training (one-on-one with an instructor) or partner training (the client and their partner will work with the same instructor).
- To register, clients must complete an application form from the Campus Recreation website under the Swim Lessons tab
- The Campus Recreation website provides instructor bios for clients to read over. The client is asked to select their top three choices of instructor.
- The Aquatics Programming manager then matches the client with an instructor and provides both of them with each other's contact information.
    - The client will also pay for their training package via an online link provided by the Aquatics Coordinator.
- It is the responsibility of the client and the instructor to schedule the dates and times for all training sessions.
- Prior to the first scheduled session, the client and instructor will fill out and sign the Client-Instructor Agreement Form. Notify the instructor of any physical considerations you have before training begins.
- Session cancellations must be made at least 24 hours in advance in order to be eligible for rescheduling. Campus Recreation reserves the right to not reschedule any session that is canceled less than 24 hours in advance.
- If the instructor has to cancel a session for any reason, that session will be made up regardless of time of cancellation.
- Swim Training sessions are non-refundable unless the client has substantiated medical reason with proof from a physician. All refunds are subject to a $5 processing fee and can take up to two weeks to be processed.