



UNIVERSITY RECREATION

Campus Center Policies

- Patrons assume all risk when utilizing University Recreation (UREC) facilities.
- Patrons must provide proper identification when accessing secured building areas or if requested by a UREC staff member. ([Student Handbook](#))
 - The first two times that students, faculty, or staff forget their ID card, they will receive a forgotten card warning linked to their account, but will still be granted access. On the third violation, students, faculty, or staff will not be granted access.
- Unauthorized filming or photography is prohibited. ([Request form](#))
- UREC is not responsible for lost, stolen, or damaged items.
- All beverage containers should be resealable. All trash should be disposed of properly.
- All injuries should be reported immediately to a UREC staff member.

Failure to comply with these guidelines will result in disciplinary action.

Fitness Center Policies

- Patrons assume all risk when utilizing University Recreation (UREC) fitness center.
- Shirts, shorts and closed-toe shoes must be worn at all times. Shirts or tank tops must cover the lower back, front, and sides of the torso. Apparel with zippers, buttons, and rivets are not permitted on machines with upholstery.
- All bags and personal belongings must be stored in lockers.
- Unauthorized personal training or group exercise instruction is prohibited.
- Patrons are expected to clean equipment after use.
 - If chalk is used, patrons are responsible to clean the equipment and area after use.
- Limit use of a single machine to 30 minutes to allow other patrons access.
- Jump roping is prohibited in low ceiling areas.
- Control all weight equipment to avoid banging or dropping weights.
- Weight collars must be used on all barbells when adding weight.
- Re-rack barbells, dumbbells, plates, and return all accessories.
- University Recreation is not responsible for lost, stolen, or damaged items.
- Olympic lifting and deadlifting must be performed on Olympic platforms.
- For assistance with equipment and/or spotting, please ask a UREC facility staff member.



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Olympic Platform Policies

- Olympic lifting on the platform is restricted to patrons who are approved by University Recreation (UREC) staff. For more information on the approval process, see a UREC staff member.
- Patrons must visibly display the designated Olympic lifting tag when performing Olympic lifts. Tags are non-transferable and must be checked out individually at the fitness desk.
- Only one person is allowed on the platform at a time.
- No spotting should be performed outside of the rack.
- Bumper plates must be used at all times.
- Weightlifting specific footwear is encouraged.
- Patrons are expected to clean up after themselves.

Track Policies

- Track is intended for joggers and walkers. Other activities should be performed in defined areas.
- Walkers should use *inside* lane.
- Directional signage will inform counterclockwise or clockwise direction as indicated by the day of the week.

Game Room Policies

- Equipment must be checked out with a valid UWG ID card. Patrons may be held responsible for any lost, damaged or broken equipment.
- Only University Recreation games and controllers can be used in the game room.
- Wrist straps must be secured on wrist when using Wii controllers.
- Food and beverages are prohibited other than resealable containers of water.
- Gambling, profane language or fighting are prohibited.
- All game room activities are available on a first-come, first served basis. Usage may be limited to one hour to allow other members access.

Basketball Court Policies

- Hanging on the rims or nets is prohibited.
- Arguing, profane language or fighting is prohibited.
- Courts are available on a first-come, first-served basis when not reserved for programs, special events or approved reservations.
- Individuals waiting for court time (next) may not be passed over.
- Clean, closed-toe, non-marking, textured sole shoes are required on the courts.