UNIVERSITY OF SOUTH ALABAMA
CAMPUS RECREATION
AND WELLNESS

POLICIES AND PROCEDURES MANUAL

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Section 1. Department of Campus Recreation and Wellness

Department Information

Mission

The mission of the Department of Campus Recreation and Wellness is to inspire Jaguars to play hard, get fit, and lead happy, healthy lives. We put students first, recognize that our differences make us stronger, and believe wellbeing is a journey, not a destination. We strive to crash barriers, build a healthy community, and push ourselves to be more active physically, mentally, and socially.

Directory

Student Recreation Center front desk	251-460-6065
Aquatics	251-460-6460
Director of Campus Recreation	251-460-6066
Facility Reservations	251-461-1978
Membership Services	251-460-6293
Outdoor Adventures	251-341-3808
Secretary	251-460-6568
SouthFit	251-460-7268
South Sports	251-460-1627
Summer Camps	251-460-7268

Hours of Operation

Hours of operation for all Campus Recreation and Wellness facilities can be found at https://www.southalabama.edu/departments/campusrec/hoursofoperation.html. Hours are subject to change during semester breaks and official university holidays.

Facility Information

Student Recreation Center

- Location: 51 Jaguar Blvd, at the corner of Old Shell Road and Jaguar Blvd
- Building Opening: 2010
- Square Footage: 116,000 square ft

Amenities and Spaces

Lower Level, North (Pool) Side

- Locker Rooms
  - Sauna
  - Faculty/Staff locker room
  - Gender-neutral/family room
  - Showers
  - Toilets
  - Lockers
  - Suitemate spinners
- Indoor Pool
  - 6 lanes, 25 yds.
  - Walk-in entry
- Outdoor Pool
  - Outdoor patio
  - Tables and chairs
  - Hammocks
  - Swings
  - Safety fence
  - Vortex
  - Deep water well
  - Walk-in entry
  - Aqua fitness classes
- Elevator
  - Level 1-4 (Level 4 is administration only)

Lower Level, South (Climbing wall) Side

- Racquetball Courts
  - 4 courts
- Outdoor equipment desk
  - Climbing wall check-in
  - Climbing wall equipment
  - Racquetball equipment
  - Misc. equipment
- Climbing wall
  - 35'x65'
  - 5 auto belays
- Table tennis (equipment provided)
- Indoor soccer court
- Functional training area
- Restrooms
  - Men's multi-stall
  - Women's multi-stall

Main Level

- Cardio Floor
  - Treadmills
  - Upright and recumbent bikes
  - Arm ergometers
  - Ellipticals
  - Stair climbers
  - Arc trainers
  - Rowing machines
  - Stretch area
- Bathrooms
  - Men's multi-stall
  - Women's multi-stall
- Weight Room
  - Free weights, weight machines, and functional training
- Basketball Courts
  - 3 full size courts
  - Volleyball and badminton court
- Handicap Lift
  - Lowers from main level to the lower level, south side.
- Back Deck
  - Tables and chairs
- Dining
  - Hours determined by Aramark.

- Billiards table

Upper Level

- Fitness Studio 1
- Fitness Studio 2
- Indoor Cycling Studio
- Indoor track
- Restrooms
    - Men's multi-stall
    - Women's multi-stall
- Weight room
- Fitness offices
- Stretching space

Outdoor Facilities:

Glenn Sebastian Nature Trail

- Location: Aubrey Green Drive
- Acreage: 95

Rules

- Take nothing but pictures, leave nothing but footprints, kill nothing but time!
- Pets are allowed on the trail and leashes are mandatory. Please clean up after your pets.
- Littering is prohibited on the trail.
- Consumption of alcohol is prohibited on the USA Campus, including the trail.
- Please do not disturb any wildlife you may encounter.

Safety

- Be aware of alligators and snakes.
- Consumption of plants and fungi is at your own risk. Be advised that some species of berries and fungi may be toxic. Toxic fungi cannot always be identified based on appearance alone.
- Watch where you walk as trip hazards may present themselves at any time.
- Report any trail hazard to Campus Recreation and Wellness at src@southalabama.edu

USA Mountain Biking Trails

- Location: West of John Counts Drive and Football Fieldhouse

Rules

- Littering is prohibited on the trail.
- Consumption of alcohol is prohibited on the USA Campus, including the trail.
- Please do not disturb any wildlife you may encounter.

Safety

- Mountain Biking is inherently risky and dangerous. Always wear a helmet and other appropriate gear.
- Only mountain bikes should be used on the trails for your own safety.

- Please follow loops. Trails are all one way.

Jag Fitness Trail

- Location: Alongside USA North Drive, Aubrey Green Drive and Health Services Drive. It borders the Glenn Sebastian Nature Trail and USA's disc golf course.
- Distance: 1.5 miles

The Jag Fitness Trail features:

- 8-foot wide crushed rock walking path
- Three ENERGI-Prime exercise stations for core fitness, balance, flexibility, and muscular fitness
- Benches along the trail
- Existing parking available

SGA Pavilion

- Location: John Counts Drive

The SGA Pavilion is an outdoor meeting place for USA organizations and departments. This spacious facility comfortably seats up to 120 at the large picnic tables with two grills. The pavilion can be reserved in a 4-hour time block.

Lubel Memorial Tennis Courts

- Location: Student Services Drive
- Two groups of four courts
- Open after 6:00pm for USA current students and SRC members.

Disc Golf Trail

- Location: Hole #1 is on Aubrey Green Drive near the Maintenance Garage.

Objective:	Have fun and play the course from beginning to end in the fewest throws.
Tee Off:	Tee throws must be released from within the designated area.
Lie:	The spot where the disc lands.
Throwing Order:	Lowest score on previous hole tees first after the tee-off the player whose lie is farthest from the target throws first.
Fairway Throws:	Must be made from lies. A run-up and follow through is permitted.
Putts:	Within 30 feet of the target a player may not step past the lie when attempting a putt throw.
Hole Completion:	The lose is completed when the disc is in the basket or supported by the chains.
Out of Bounds:	A throw that lands out of bounds must be played from the point where the disc went out. All rounds, parking lots & permanent water are out of bounds (1 throw penalty).
Courtesy:	Do not throw until all players and course users are out of range.
Hours:	Course is closed after dark.

Safety:	Play safe & smart. Do not throw from or across a road at any time. Watch for oncoming traffic before throws.

Intramural Sports Complex

- Location: John Counts Drive near Hancock-Whitney Stadium
- Intramural Field House with exterior restrooms
- Outdoor basketball courts
- Sand volleyball courts
- Fields for soccer, football and softball
- 0.75 mile walking path

Facility Rentals and Reservations

Campus Recreation and Wellness spaces are scheduled internally and have the following priority of usage:

- Campus Recreation and Wellness Programs
- Registered Student Organizations
- University Departments and Groups
- Non-University Groups

To lease event space at the University of South Alabama, non-USA person(s) or group(s) must secure formal sponsorship for that activity from an active, recognized University of South Alabama student organization or a University of South Alabama academic or administrative department.

Reservations for the Student Recreation Center require the submission of a Facility Reservation Request Form no fewer than seven business days in advance. Fees vary.

Staffing
Additional fees may apply depending on number of participants, hours, and activity spaces.

Outdoor Pool Rental Specifications

- Each party may have a maximum of 50 people.*
- All children must complete a swim test.

*People are defined as everyone at the event: swimmers, non-swimmers, chaperones, counselors, etc.

Pool Parties

Pool parties consist of a two-hour minimum block and provide full access to the outdoor leisure pool. It has swings, tables with chairs, and lounge chairs for your guests to relax in. There is a shallow water area for sunbathing or for small children to enjoy, as well as volleyball and basketball goals. Your guests can also enjoy other features such as the vortex, or hot tub for anyone over 13 years of age. The outdoor pool is available for special events April 1st-October 31st (weather permitting). You must be a current USA student, USA employee, or member of the Student Recreation Center to reserve the outdoor pool. Parties that are booked during the outdoor pool's normal operating times are not private parties and SRC members may be present.

Climbing Wall Rental Specifications

- A party can have a maximum of 16 people in the climbing wall area at a time.*
- One event may be booked per date.
- All climbers must complete a new climber safety orientation.

*The climbing wall space has a maximum of 16 people; the ping-pong tables and indoor soccer court are available for party guests in excess of 16 who are waiting to climb.

Climbing Wall Parties

Climbing wall parties consist of a two-hour minimum block and provide full access to the indoor climbing wall and back deck area. The wall has five auto belays, two staff members to assist with various tasks, and the gear you will need to climb. You may arrive 30 minutes before your birthday party/event to set up. All food will be served on the back deck; no food is allowed in the wall area. During inclement weather, we will provide tables indoors. All children present must be at least 6 years old and have a waiver signed by a parent/guardian. The wall is available for your birthday party year-round.

Membership Information

You must be either a student, faculty/staff, retiree, Alumni Association member, or University Affiliate in order to join the USA Student Recreation Center. It is not open to the general public. Currently enrolled students do not have to pay an additional fee in order to use the facility. It is already included in the activity fees. All our memberships are a 12-month commitment. Cancellation requests can be made after the initial 12-month commitment is completed.

	Currently Enrolled Student*	Current/Retired Faculty & Staff	Annual Alumni Association Member	Lifetime Alumni Association Member	University Affiliate
Individual	No Additional Fee	$10/month	$35/month	$25/month	$40/month
Spouse	$10/month	$10/month	$35/month	$25/month	$40/month
Dependent** (ages 0-15)	$8/month	$8/month	$8/month	$8/month	$8/month
Dependent (age 16+)	$10/month	$10/month	$35/month	$25/month	$40/month
Plus One	Unavailable	$10/month	$35/month	$25/month	$40/month

*Students taking a semester off from academic classes can purchase a one-semester membership for $10/month.

**See Dependent Policy on page 13.

Membership Types

USA Employee: USA paid faculty and staff who work directly for the University or USA Health System. This includes retired faculty and staff.

University Affiliate: individuals who have relationships with USA outside of traditional employment, such as Aramark employees.

Alumni: Any USA graduate who has registered with the USA Alumni Association and is a dues-paying member of the group. Unavailable to Associate Members.

Spouse: Anyone who is legally married to a current Campus Recreation and Wellness member. Proof of marriage or shared address is required if the last names differ.

Dependent: Anyone who has a parent/child relationship with a current Campus Recreation and Wellness member. Age restrictions apply in specific areas.

Semester Off Student: A current student of USA (has not graduated), taking no more than two consecutive semesters off before returning. Can only purchase membership on a semester basis; expiration date will be applied.

Plus One: Another adult who lives with the current Campus Recreation and Wellness member, but is not a legal spouse. Proof of shared address is required. Plus One memberships are only available to USA employees, alumni, retirees, and affiliate members.

In addition, the department may offer dependent passes during the summer and winter holidays. Please see our website for more details.

Membership Payments

Non-employee payment: Payment is made on a monthly basis by credit/debit deduction. Members may opt to pay for one year in full by credit/debit card, rather than a monthly deduction. For the yearly payment, membership is not prorated and will expire at the end of the last month of membership.

Payroll Deduction: For full time USA Faculty and Staff, membership fees can be deducted by payroll each month. To do this you will need to fill out the Full Time Faculty/Staff Membership Form.

Membership Cancellations

If you have fulfilled your initial 12-month contract and you wish to cancel your membership you must formally request such verbally; please call 251-460-6293. Request processing will begin once all fees/balances have been paid. Please keep in mind that memberships are not prorated, and Campus Recreation and Wellness requires that membership cancellation requests be submitted prior to the beginning of a new membership cycle. *For example, if a membership renews in June, a member must request a cancellation prior to June 1st.*

Member Rights and Responsibilities

As a member, guest, or participant of a USA Campus Recreation and Wellness program, facility, or service our department strives to be world class in all areas:

- Facilities will be clean, safe, and offer a wide array of offerings for all users.
- Programs will be diverse in planning and execution, ensuring all participants have an outlet for recreational interests and needs.
- Equipment will be safe, operational, and up to date.

Members, guests, and participants have the responsibility:

- To follow the guidelines set forth by Campus Recreation and Wellness Staff in this manual, on posted signage, or verbally.
- Respect fellow members, guests, and participants in all programs or informal recreation.
- Take responsibility for personal security by locking belongings while participating.

Members, guests and participants in any Campus Recreation and Wellness program, facility or service must abide by all university policies.

Entry Policy

Members must present a current Jag Card or membership card, or type in their Jag Number to gain entry. USA Campus Recreation and Wellness reserves the right to request a valid photo ID if typing in a Jag Number.

It is against the policy of both the University and Campus Recreation and Wellness for an individual to utilize a card or Jag Number that is not their own. Participants found attempting to use another person's identification will be suspended until s/he has met with the Assistant Director of Facilities and the person's card will be confiscated.

Guest Passes

Single day guest passes are available to be purchased by an adult member (age 18+) for their guest. Guest passes are $10.00 per day. All guests must be accompanied by a current USA student or Student Recreation Center member. Adult members can sponsor up to two guests per day (subject to change). Sponsoring members are responsible for the actions of their guests for the duration of the visit. Guests 16+ and older are required to provide a valid form of identification, which will be kept with their member's information during the duration of their visit.

Membership Suspension

Campus Recreation and Wellness reserves the right to suspend the use of facilities or involvement in programs of participants that refuse to follow policy, deem a threat to themselves or others, and treat staff in a disrespectful manner. Penalty severity and length of suspension will be determined on a case by case basis.

Campus Recreation and Wellness student staff also reserve the right to refuse entry or discontinued use of the facility or involvement of programs if the member has become unruly or refuses to follow policy.

Assumption of Risk

Physical activity, by its very nature, carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries; the Department of Campus Recreation and Wellness at the University of South Alabama has facilities for activities such as weightlifting, running, aerobic activities, classes and sporting activities. Some of these involve strenuous exertions of strength using various muscle groups, some involve quick movements involving speed and change of direction, and others involve sustained physical activity, which places stress on the cardiovascular system. The specific risks vary from one activity to another, but the risks range from minor injuries such as scratches, bruises, and sprains to major injuries such as eye injury or loss of sight, joint or back injuries, heart attacks, and concussions to catastrophic injuries including paralysis and death.

Electronic Devices

Cell phones, tablets and other devices may be used throughout the facility, however, are prohibited in the locker rooms and restrooms. These areas are not conducive to photo taking capable devices.

Please put all electronic devices on silent during programmed classes and events.

To respect others, members must use headphones when utilizing music or video during a workout.

Solicitation

Solicitation is prohibited both inside and outside of all Campus Recreation and Wellness facilities. Groups/Individuals wishing to fundraise, table or communicate with members must make proper arrangements in advance and have pre-approval. Guests found soliciting members as a sponsor will not be granted access to the Student Recreation Center. Guests must be accompanied by a member and the sponsoring member will be held responsible for the guest.

Dependent Policy

As defined by the Department of Campus Recreation and Wellness for the purpose of accessing the Student Recreation Center, a dependent status exists anywhere there is a parent or legal guardian/child relationship. The member will be asked to provide evidence that this relationship exists at the time s/he completes the dependent waiver form. Members will be charged for membership for up to two dependents. After two, additional dependents will be free of charge.

Dependents' Level of Access

- Aged up to 3: Only permitted in swimming pools with direct parent/guardian supervision* during dependent hours. Swimming diapers are required.
- Ages 3-15: Permitted to use the track, swimming pools, multi-purpose courts, indoor soccer court, and racquetball courts with direct parent/guardian supervision* during dependent hours.
- Ages 6-15: Permitted to use the climbing wall during dependent hours with direct parent/guardian supervision*. Children must wear climbing shoes, be able to climb on their own, and parents must be present. Our climbing shoes start at Size 2.
- Ages 10-15: Permitted to attend SouthFit classes with direct parent/guardian supervision*. Dependents must be able to actively participate in the classes.
- Ages 12-15: Permitted to use cardio machines and hot tub with direct parent/guardian supervision*.
- Ages 14-15: Permitted to use weight rooms and functional training areas with direct parent/guardian supervision*.

- Ages 16+: Permitted in all areas of the Student Recreation Center without parent/guardian supervision. Not restricted to dependent hours. These members should be prepared to present a second form of identification showing their age.

*Direct supervision is defined as being in the same room no further than 20 feet apart. Parent/guardian MUST be actively participating in the same activity as the dependent, e.g. playing basketball together, playing racquetball together, swimming together, etc. This does not mean that the parent can be, for example, in a group exercise class while the dependent sits along the wall and watches.

Kids' Play Zone Policy:

- Kids' Play Zone is for members' children only. Children must be potty trained and ages 3-12.
- There is a limit of eight (8) children at a time in KPZ. Access is first-come, first-serve.
- Children do not need a SRC membership to use the KPZ; however, a membership is required to use all other areas of the SRC.
- Children may stay in the KPZ for a maximum of two hours/day. Parents must remain in the SRC.
- The same parent must drop off and pick up the child, unless arrangements have been made with a professional staff member.
- Child may bring water. No other food/drink is allowed in the KPZ.

Locker and Towel Service:

Lockers may be used daily for free. Locks must be removed each day. Lockers may also be rented. Half-size lockers are $50/year and full-size lockers are $75/year. You must provide your own lock. Towels may be rented for $36/year.

Program Information

Outdoor Adventures

Outdoor Adventures trips, instructional classes, team building programs, and outdoor gear rental are available for both members and non-members.

Aquatics

Our aquatics program provides quality water activities in a safe, clean, and healthy environment. The outdoor pool offers space to play water volleyball, water basketball, water polo, or water aerobics class. You can also relax out on the pool deck or in the hot tub. There is also a 25-yard, 6 lane indoor pool. Additionally, the aquatics program also offers swim lessons and other instructional classes.

South Sports

Intramurals and Club Sports are housed under the moniker "South Sports". Intramurals offers five major sports and a host of minor sports open to all Students, Staff, and Faculty. Alumni participants can participate under certain guidelines; see South Sports Manual for more information.

Club Sports are defined by South Sports as registered student organizations that participate competitively with other universities throughout the country. Club Sports are regulated by the guidelines found in the South Sports Manual and by the Office of Student Activities at the University of South Alabama. For more information, please see the Club Sports website & the Office of Student Activities website.

SouthFit

Program opportunities include free group exercise classes such as Spinning®, yoga, step aerobics, water aerobics, resistance training, interval training, and more. SouthFit also offers personal training and private fitness classes for student organizations and university departments.

Youth Programs

Campus Recreation offers youth programs including birthday parties, swim lessons and summer camps.

Registering for a program

Online registration is required for most programs through the Campus Recreation Portal. Some program offerings require in person registration and/or pre-program meetings.

Program/Services Cancelation & Refunds

- Program fee cancellations and refunds vary. See specific program policies.
- Fees may be non-transferable from member to member. See specific program policies.
- Campus Recreation and Wellness reserves the right to cancel, postpone or change instructors to provide optimum service for our patrons. In the event Campus Recreation and Wellness cancels any program, a full refund will be issued.

Additional Policies

1. The Student Recreation Center is a controlled access facility. Only authorized members, with proper identification, will be permitted through entrances. Participants may be denied access if identification is not presented.
2. No animals are permitted in the facility except licensed service animals. Assistance animals (such as for emotional support) may not be brought into the Student Recreation Center. Please see the university's full Service and Assistance Animal Policy.
3. Responsibility for general supervision of the Student Recreation Center rests with Campus Recreation and Wellness Staff. Harassment or disregard of requests by the Campus Recreation and Wellness Staff may result in immediate ejection from the facility and may result in additional disciplinary action. Staff may also call USA Campus Police to assist.
4. Fighting and/or profanity are prohibited.
5. Firearms are prohibited.
6. The University of South Alabama is a tobacco-free campus. Smoking, smokeless tobacco, electronic cigarettes, alcoholic beverages, and/or illegal drugs are not permitted in any indoor or outdoor area supervised by Campus Recreation and Wellness.
7. Closed-toe, full back, athletic shoes are required in fitness activity spaces during active participation. Exceptions are yoga classes and at the swimming pools.
8. The use of skateboards/rollerblades is prohibited both in the Student Recreation Center and on ramps outside.
9. Personal belongings, gym bags, backpacks, etc. are not permitted in hallways, lobbies, or on exercise equipment, or activity areas. Lockers and cubbies are available for storage of all items. Campus Recreation and Wellness is not responsible for lost, stolen, or damaged items.
10. All announcements, flyers, posters, etc. must be approved by the Director of Campus Recreation and Wellness. Flyers and advertisements may not be taped to the walls.
11. Use of electronic devices with photography and recording capabilities are strictly prohibited in locker rooms due to member privacy.
12. Spitting in drinking fountains, common areas, activity areas such as the track, courts, etc. is prohibited.
13. Only water in a non-breakable, resealable container is permitted in the activity areas unless approved by Campus Recreation and Wellness Staff.

14. Food, non-water beverages, protein shakes, supplements, etc. must be consumed in the smoothie bar area or on the back deck.
15. Lost and Found items can be claimed at the front desk or in the Assistant Director of Facilities' office.
16. All injuries should be reported immediately to a Campus Recreation and Wellness Staff Member. If a blood-related injury occurs, the injured person should stop activity immediately and notify Campus Recreation and Wellness Staff.
17. Campus Recreation and Wellness Staff have the right to prohibit any outside fitness equipment.
18. Outside vendors including non-USA personal trainers are prohibited from conducting business in any Department of Campus Recreation and Wellness facility.
19. Members, guests and participants in any Campus Recreation and Wellness program, facility or service must abide by all university policies.

Aquatics Center and Pool Decks

Bathing Loads

Indoor Pool: 186 people

Outdoor Pool: 284 people

Spa: 22 people

General Rules and Regulations

1. All aquatic participants must take a cleansing shower before entering the pool and after each trip to the restroom facility.
2. No alcohol, drugs, or patrons under the influence of either, will be allowed on the pool deck or in the pool.
3. No animals, glass, or breakable containers.
4. Smoking, vaping, e-cigarettes, or any other tobacco products are not allowed on the pool deck, per the University Tobacco Free Campus Policy.
5. No profanity or inappropriate displays of affection.
6. Swimwear deemed inappropriate by lifeguard staff will need to be changed or covered up.
7. Hanging from the basketball goals is prohibited.
8. Standing on the inner walls of the pool deck is prohibited.
9. No running, horseplay or fighting permitted in the pool, on the pool deck, or in the locker room.
10. All children age 15 and under may be asked to take a swim test.
11. All parents must actively watch children and be within arms' distance of any child who is a non-swimmer.
12. Extended breath-holding games, training, workouts, or hyperventilation is not allowed.
13. All patrons must check-in at the main lobby or at the swim lesson check-in point.
14. Sunbathing is allowed on the Outdoor Pool Deck when a lifeguard is present.
15. Free swimming in the shallow area or deep well is not permitted during water aerobics classes or swim lessons in those areas.
16. Spitting, spouting water, blowing the nose, or discharging bodily waste is prohibited.
17. Anyone who has or has had diarrhea in the past two weeks should not use the pool.
18. Anyone who has open lesions, blisters, or cuts is advised not to use the pool.

19. Children under 3, or who are not potty trained, must wear swim diapers. Diaper changing is not permitted on the pool deck. Please use the diaper changing station in the family locker room.
20. No one is allowed on the pool deck unless a lifeguard is present.
21. Lifeguards will enforce all rules and regulations. Please be respectful.

Spa Rules

1. No one may enter the hot tub when the aquatics facility is closed.
2. Children age 12 and over are allowed in the hot tub.
3. Elderly patrons, pregnant women, and those with health conditions requiring medical care should consult with a physician before entering the hot tub.
4. Maximum water temperature is 104 degrees Fahrenheit. Do not use hot tub if water is higher than 104 degrees Fahrenheit.
5. Hot water immersion while under the influence of alcohol, narcotics, drugs, or medicines may lead to serious consequences and is not permitted.
6. Do not use the hot tub alone.
7. No glass containers are allowed.
8. No diving or swimming underwater in the hot tub.
9. No profanity or inappropriate displays of affection.
10. Maximum recommended use is 15 minutes.

Locker Room and Sauna

1. Lockers are available for rental at the front desk. Unknown locks will be cut.
2. Cell phone cameras or other photography/recording devices are prohibited from use in the locker room for member privacy.
3. Bathing suit dryer is for bathing suits only, not workout clothes or towels.
4. Pregnant women, elderly patrons and/or members with known medical problems should not enter the sauna without prior medical consultation and permission from their doctor.
1. Participants must be 16 years of age or older to use the sauna.
2. It is recommended that due to high temperatures, sauna use be limited to 15 minutes.
3. Sleeping in the sauna is prohibited.
4. Individuals must wear a bathing suit or be covered by a full-length towel while using the sauna.
5. Individuals must shower before using sauna. Shower after using the sauna if entering the pool.
6. Do not leave newspapers, magazines, or paper products in the sauna.
7. Do not pour liquids or urinate on the heating element. This may cause fire or injury.
8. Tampering with any equipment is prohibited.
9. Children age 6 and over are not permitted in the locker room of the opposite gender. The Family Locker Room is available for child/parent needs.

Multipurpose Indoor Court

Indoor Soccer

1. Ten players are required to begin a full-court game.
2. Prior to starting a soccer game, players must request that the basketball goals be raised to prevent damage.

3. Patrons using the soccer court for basketball will have to yield to players starting a full court game.
4. Full court games will be limited to 5 goals or 15 minutes, whichever occurs first. Ties will be broken by sudden death. Next goal will win the game.
5. If other teams are waiting, all teams will need to set up a bracket or play winners.

Pickleball

1. No volleying in "the kitchen".
2. There must be one bounce per side.
3. You must serve at the baseline.
4. Serves cannot land in the non-volley zone.
5. The game ends at 11, 15, or 21 points.

Badminton

1. A match consists of the best of three games of 21 points.
2. The player/pair winning a rally adds a point to its score.
3. At 20-all, the player/pair which first gains a 2-point lead wins that game.
4. At 29-all, the side scoring the 30th point wins that game.
5. The player/pair winning a game serves first in the next game.
6. A badminton match can be played by two opposing players (singles) or four opposing players (doubles).
7. A competitive match must be played indoors utilizing the official court dimensions.
8. A point is scored when the shuttlecock lands inside the opponent's court or if a returned shuttlecock hits the net or lands outside of the court the player will lose the point.
9. At the start of the rally, the server and receiver stand in diagonally opposite service courts.
10. A legal serve must be hit diagonally over the net and across the court.
11. A badminton serve must be hit underarm and below the server's waist height. The whole of the shuttle should be below 1.15 meters from the surface of the court when it is hit by the server, with the racquet shaft pointing downwards. The shuttlecock is not allowed to bounce. After a point is won, the players will move to the opposite serving stations for the next point.
12. The rules do not allow second serves.
13. During a point a player can return the shuttlecock from inside and outside of the court.
14. A player is not able to touch the net with any part of their body or racket.
15. A player must not deliberately distract their opponent.
16. A player is not able to hit the shuttlecock twice.
17. A 'let' may be called by the referee if an unforeseen or accidental issue arises.
18. A game must include two rest periods. These are a 90-second rest after the first game and a 5-minute rest after the second game.

Three Court Gymnasium

1. Wood courts are lined for basketball, badminton, and volleyball.
2. Clean non-marking athletic shoes are required. Any shoe that marks the court surface is prohibited.

3. Shirts are required in all areas of the facility. Shirts vs. Skins games are not allowed.
4. If multiple teams are waiting, games are played to 15 points. Two-point baskets will count as 1 point and 3-point baskets will count as 2 points.
5. Teams cannot play more than three consecutive games if other teams are waiting.
6. Inappropriate/vulgar language and behavior is not permitted.
7. The use of tape or other marking materials is prohibited on the surface or walls of the courts, unless permission is granted by Campus Recreation and Wellness Staff.
8. Hanging on the rims or nets is prohibited due to risk of injury and potential damage to the equipment.
9. Footballs, softballs, and baseballs are prohibited unless there is a scheduled event that would require the use of those items with prior approval by Campus Recreation and Wellness Staff.
10. Items may not be placed on the floor behind the basketball hoops. Please use the cubby and bench space provided.
11. Priority scheduling governs facility usage.

Climbing Wall

1. All participants must fill out and sign an Informed Consent/Release of Liability once per semester.
2. First time visitors will need to complete a 15-minute safety course.
3. All participants must be briefed on belay communications prior to climbing.
4. All participants are required to wear climbing shoes while climbing.
5. Participants must be a currently enrolled USA student, a member of the Student Recreation Center, or have purchased a guest pass.
6. Participants should be dressed comfortably in clothes that allow plenty of movement. No loose jewelry (including watches, earrings, necklaces). All rings must be removed before climbing.
7. Participants who are pregnant will not be allowed to participate in any climbing elements.
8. All lead climbers and belayers must pass a Lead Safety Course.
9. All climbers must use a Figure 8 with a backup while climbing. No other knots are permitted.
10. No one under the influence of alcohol, illegal drugs, or impairing legal drugs will be allowed to participate. Campus Recreation and Wellness reserves the right to request a participant under the influence of drugs or alcohol to cease participation and leave the premises.
11. Campus Recreation reserves the right to limit participation in its programs based on medical, safety, or other reasons.
12. Participants must abide by all climbing wall staff directions and follow all established safety procedures and spotting regulations. Participants will not be allowed to climb/boulder/walk/stand under other climbers.
13. Participants may not climb above the marked bouldering line without being harnessed in.
14. The use of headphones, phones, music players, etc. are not permitted while climbing or belaying.
15. Participants may not chew gum or candy while climbing.
16. Report broken/damaged equipment to climbing wall staff immediately.
17. Food is not permitted in the climbing area unless approved by the Outdoor Adventures Coordinator.

Cardio and Weight Equipment

1. Participants must be 12 years of age or older to utilize the cardio machines. Participants must be 14 years of age or older to utilize the weight machines and functional training areas. All dependents aged 12-15 must have direct parental supervision.
2. Pants or shorts with embellishments are prohibited on pads of the fitness equipment. Clothing that sends profane, inflammatory or bigoted messages is also prohibited.
3. Closed-toe, full back, athletic shoes with non-marking soles are required while using all cardio and weight equipment. No bare feet, heels, flip-flops, slides, or any other non-fitness shoe is allowed.
4. Water is permitted in non-breakable, closed containers only. Food, protein shakes or any other flavored/colored drinks are prohibited in the workout areas and must be consumed in the smoothie bar area or back deck.
5. Please follow all safety precautions posted on fitness equipment.
6. Fitness equipment must remain in the cardio and weight equipment areas. Participants are prohibited from removing equipment and using it in other areas of the Student Recreation Center.
7. Participants are required to wipe off equipment after each use. Please spray the cleaning solution onto the cleaning towel and not directly onto equipment.
8. Limit use of cardiovascular equipment to 30 minutes if others are waiting.
9. Participants are required to re-rack all weights and return equipment to its appropriate location after use.
10. Collars are recommended on all free bar lifts.
11. Weights must always be controlled. Slamming or dropping of weights is prohibited.
12. Improper use of equipment is prohibited. Improper use consists of, but is not limited to, standing on equipment, standing on weights, stacking weights under equipment and top loading equipment.
13. Weights are not to be leaned against walls, columns, other equipment or mirrors.
14. The use of chalk is prohibited.
15. Personal trainers are available through the SouthFit program. Per state law, the use of non-USA personal trainers is strictly prohibited. Members who are found using a non-USA personal trainer at any Campus Recreation and Wellness facilities will have their SRC membership revoked.
16. Immediately report any weight room related injury or facility/equipment irregularity to Campus Recreation and Wellness Staff.
17. Feet must always stay on the ground during weight training. This includes Olympic style lifts.

Indoor Track

1. Non-marking, closed-toe, full back footwear is required. Any shoe that marks the floor is prohibited.
2. Participants are always required to wear a shirt/top .
3. Run/Walk directional arrows change daily and must be followed.
4. Give the right of way to passing runners/walkers. Walkers use outside lanes; runners use inside lane.
5. The use of tape or other marking materials is prohibited on the surface or walls of the track.

6. Stretching is allowed in designated areas only. Do not stretch on track or use walls, railings, or door handles as stretching aids.
7. Participants are not permitted to spit on the floors, walls, or water fountains.
8. Use of fitness equipment must be contained to the stretching area. No equipment permitted on track lanes.
9. Spectating lower level or blocking of the track lanes is prohibited.

Fitness Studios

Group Fitness Classes

1. A minimum of two people must be present at the start time for a fitness class to be held. It is the instructor's discretion whether to teach to only one person. Classes that have fewer than five people for three weeks in a row may be cancelled.
2. Out of respect for the instructor, we request that you follow the instructor's routine and keep conversation to a minimum.
3. Space in classes is available on a first come, first-serve basis. You may not reserve space or equipment (including bikes) for another participant.
4. Closed-toe athletic shoes must be worn in fitness classes. Open-toe or dress shoes, any court-marking shoes, or bare feet are not acceptable. Exceptions to this rule are yoga, barre, meditation, and water aerobics classes.
5. Cycling shoes are allowed in the cycling studio. If cycling shoes have non-recessed clips, members must change shoes at the bike to avoid walking on the wood floors.
6. For health reasons, we do not provide mats for yoga classes. Please bring your own.
7. Conducting unapproved group fitness classes without the consent of Campus Recreation and Wellness is prohibited. All outside, approved group fitness instructors that are associated with a group's private studio rental must submit a current Certificate of Insurance with the University of South Alabama listed as additional insured.

Personal Training

1. Members wishing to work with a personal trainer must fill out our contract and return it to the front desk of the Student Recreation Center. Payment is made via the Campus Recreation Portal. All sessions must be paid in advance.
2. Per state law, personal training sessions conducted by non-USA personal trainers are not allowed in any Department of Campus Recreation and Wellness facilities, including the Student Recreation Center, Intramural Fieldhouse, or outdoor facilities. Members who are found using an outside personal trainer within the USA facilities will have their membership revoked.

Equipment & Studios

1. Equipment that is stored in the fitness storage areas and in the fitness studios is for use only during scheduled group fitness classes or programs. Participants are prohibited from removing equipment from the fitness studios and using it in other areas of the Student Recreation Center.

2. Fitness Studio 2 may be reserved for personal or group activities when not in use by SouthFit. Use of the stereo is allowed. Members may use the microphone and equipment in the studios and fitness storage areas for $25/hour with prior approval by the Campus Recreation and Wellness staff.
3. Campus Recreation and Wellness is not responsible for any lost or stolen articles. We suggest putting valuables in a locker.
4. The use of tape or other marking materials is prohibited on the wood flooring of the fitness studios.
5. No food is allowed in the studios. Water in a resealable container is allowed.

Kickboxing Equipment

1. Heavy bags, speed bags, and a double-end bag are available in the downstairs functional training area.
2. Athletic shoes and gloves/wraps are required to use the equipment. No bare feet kicking the bags. No bare hands punching the bags. Members who do not comply with this health policy will be asked to leave and/or have SRC privileges revoked.
3. Contact martial arts are not allowed. Members who do not comply with this policy will be asked to leave and/or have SRC privileges revoked.

Billiards, Table Tennis, and Racquetball Courts

Billiards Areas

1. Ball checkout is free to current USA students and SRC members with a valid USA ID.
2. Any usage of the pool sticks of any kind other than the intended purpose is prohibited.
3. All equipment is checked out on a first come, first serve basis. You are responsible for returning the specific item you checked out. If the equipment is damaged or not returned, you may be charged a replacement fee.
4. Only red chalk is permitted.
5. Jump shots are prohibited.
6. Do not adjust, move, or sit on the pool table.
7. Keep noise to a minimum, especially when groups are meeting in the adjacent classroom.
8. There is a one-hour limit and rotation will be enforced.
9. All forms of gambling are prohibited.
10. Fighting and/or profanity are prohibited.
11. Return equipment to the front desk. Allow time for staff to inventory and check the conditions before checking out for the next hour.
12. Destruction of any Campus Recreation and Wellness equipment and property is prohibited.
13. Patrons will be held responsible for any operational or cosmetic damages that occur to our equipment or spaces during use. Campus Recreation and Wellness reserves the right to charge a fee based on damages cost.
14. Members cannot check out equipment consecutively unless there is no one waiting.
15. Guests are not allowed to check out pool balls.
16. Report all problems to Campus Recreation and Wellness Staff.

Racquetball Courts

1. Clean, non-marking, full-back athletic shoes are required. Any shoe that marks the court surface is prohibited.
2. The use of tape or other marking materials is prohibited on the surface or walls of the courts.
3. Participants are always required to wear a shirt/top .
4. Racquet frame must have a protective guard, and a wrist strap is encouraged.
5. Soccer balls, baseballs, softballs, footballs, etc. are prohibited in racquetball courts.
6. Eye protection is highly encouraged.
7. No more than four participants on the court at one time.
8. Report all problems to Campus Recreation and Wellness Staff.

Table Tennis

1. All tables are first come, first serve. Limit playing time to 60 minutes if others are waiting.
2. All forms of gambling are prohibited.
3. Report all problems to Campus Recreation and Wellness Staff.
4. Return all equipment at the conclusion of play.
5. Leaning or sitting on tables is prohibited.
6. Inappropriate/vulgar language and behavior is prohibited.

Photography and Video Policy

- Individuals wishing to take pictures or use a video recording device in the Student Recreation Center must receive approval from a Campus Recreation and Wellness Professional Staff. This includes photos/videos taken for academic purposes.
- Close-up photographs of members or guests performing individual workouts including but not limited to aerobics, swimming, climbing, weightlifting, and cardiovascular exercise will not be permitted, unless the person has signed a photo release form.
- Group photos, facility photos with participants in the background, and other photos that do not focus on one individual are allowed.
- A photo release form must be signed for all individual and close up shots taken within the Student Recreation Center.
- Campus Recreation and Wellness reserves the right to terminate a photo shoot due to member complaints or discomfort.
- If the standards of Campus Recreation and Wellness have not been met, Campus Recreation and Wellness Staff have the right to delete or remove any content created within Campus Recreation and Wellness facilities.
- Campus Recreation and Wellness reserves the right to photograph/video participants for marketing purposes.