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# UNIVERSITY OF WYOMING

## Campus Recreation Policy and Procedure Manual

2017-18





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## Campus Recreation Information

### Core Mission and Goals

**Mission Statement:** To promote a holistic approach to a healthy campus through quality recreation and wellness programs and facilities.

**Vision Statement:** To be an innovative and nationally recognized leader in advancing recreation, wellness and student development within collegiate recreation.

### Departmental Goals/Objectives:

1. Enhance the quality of life on campus through excellent programs and facilities, advancing the recruitment, retention, and completion initiatives of the university.
2. Collaborate with academic departments to promote student learning inside and outside of the classroom.
3. Develop health awareness, a sense of belonging, and a lifelong appreciation for wellness and recreation activities.
4. Strive to create an environment where students can advance their personal growth and career development through various leadership opportunities.
5. Offer a variety of experiences and activities that appeal to a diverse campus community and support the achievement of their personal fitness and wellness goals.

### Guiding Principles:

1. Exceptional customer service.
2. Student engagement and leadership opportunities.
3. A safe and welcoming environment for all members of the campus community.
4. Collaboration with campus and community groups.
5. Research-based best practices for wellness education, recreation programs, equipment and services.

### Membership

Membership is required to use UW's recreational facilities. Membership privileges include use of all activity areas in the Half Acre Recreation and Wellness Center and use of the Corbett pool and gym during scheduled hours. Members must present a valid WyoOne ID card or other active Campus Recreation pass to enter Campus Recreation facilities.



## Membership Eligibility

- Currently enrolled full-time, fee-paying UW students have automatic membership to recreation facilities. They must show their WyoOne ID card to enter the facility and to participate in programs offered by Campus Recreation.
- University of Wyoming part-time students, employees and cooperating agency employees may purchase a membership by presenting their WyoOne ID card. Student and employee spouses are eligible to purchase access with a current WyoOne ID card. The UW employee, student or cooperating agency employee is required to be present with the spouse at the time of purchase.
- Students and employees may register dependents 5 years through 19 years (if they have not graduated from high school) for a dependent membership by presenting their WyoOne ID card and the dependent's WyoOne ID card.
- University of Wyoming board retired employees may obtain membership by presenting their WyoOne ID card. There is no charge for facility access for board retired employees; however, locker rentals have additional fees. Board retired spouses are eligible to purchase access (at the current employee spouse rate) with a current WyoOne ID card. The UW board retired employee is required to be present with the spouse at the time of purchase.
- Guests with a photo ID may use Half Acre for the current daily guest pass rate when sponsored by a UW community member with a valid WyoOne ID card. UW students, faculty, staff, and cooperating agency employees may sponsor themselves for a daily guest pass.

## Campus Recreation Member Services

### Towel Service

Free towel service is available at the Half Acre Recreation and Wellness Center during building hours and at Corbett gym during scheduled gym and pool hours.

### Equipment Checkout

Available recreation equipment may be checked out with a WyoOne ID card or other active Campus Recreation pass. Users are responsible for all equipment and must reimburse UW for any lost or damaged equipment.

### Lost and Found

Lost and found items, if returned to the front desk, are kept for one month. Campus Recreation is not responsible for lost or stolen items.



## Lockers

- Personal locks are for daily use only on designated lockers. **Personal locks left on lockers overnight will be cut off.**
- Digital lockers are available for day use on all floors. **Personal items left in digital lockers overnight will be cleared and placed into lost and found.**
- Lockers are assigned in Half Acre on a first come, first served basis during Service Window hours.
- Combination locks will be assigned with each locker rental. The use of personal locks on rented lockers is not permitted.
- Lockers are not transferable from one person to another.
- After rental expiration **student lockers** are cleared, toiletries and chemicals are discarded, and personal items will be kept in storage according to the following schedule:
  - May - will be held until the following September
  - August - will be held until October
  - December - will be held until March
- After these time periods, items will be disposed of according to University policy. To retrieve your personal contents from lockers cleared by Campus Recreation personnel, go to the Business Office with a WyoOne ID card or other photo identification.
  - After rental expiration **employee lockers** are cleared, toiletries and chemicals are discarded, and personal items will be kept in storage according to the following schedule:
    - Semester locker rentals expire the last day of the month at the end of the semester. Personal items are cleared the second week of the following month.
    - Annual locker rentals expire one year from date of purchase. Personal items are cleared the second week of the following month.
- After employee lockers are cleared of personal items they will be kept for 45 days. After these time periods, items will be disposed of according to University policy. To retrieve your personal contents from lockers cleared by Campus Recreation personnel, go to the Business Office with a WyoOne ID card or other photo identification.
- Campus Recreation is not responsible for theft. It is recommended that you do not leave valuables such as jewelry, wallets, phones, iPods, and/or credit cards in an unsecure locker. Don't forget to lock your locker.



## Campus Recreation Policies

Campus Recreation policies are designed for protection of patrons, employees, and facilities. All policies are approved by the Campus Recreation Advisory Board after consultation with other relevant campus departments/offices. In addition to the specific Campus Recreation Policies and Procedures listed here, all current UW Regulations and Presidential Directives are also observed. Any proposed change or addition to Campus Recreation policies can be submitted in writing to the Assistant Director of Campus Recreation Operations who will submit the request to the Campus Recreation Advisory Board for review.

## General Facility Policies

- Accidents and injuries can and do occur during sport, recreation and exercise activities. Notice is hereby given that the University of Wyoming is not responsible for accidents, injuries, and/or illness that may occur while on and/or during the use of university property; nor is the university responsible for any costs or expenses incurred as a result of any accident and/or injury that may occur on university property. Users understand and agree that their use of university facilities and/or services is at their own risk.
- Campus recreation facilities are controlled access facilities. No one will be permitted into activity areas without a valid WyoOne ID card or other active campus recreation pass.
- Use of another individual's WyoOne ID card is a violation of the UW Student Code of Conduct (reference Section V, *Offenses Against Property*). If a WyoOne card is presented at the ID station by someone other than the cardholder, the card will be confiscated and the following will occur:
  - First offense: the cardholder will be given a notice of warning in writing via e-mail that a violation of the Student Code of Conduct has occurred. The cardholder will need to set up a meeting with the Assistant Director of Campus Recreation Operations to discuss this violation. Access to Campus Recreation facilities and services will be restricted until this meeting occurs.
  - Second offense: the cardholder will be contacted via e-mail regarding the repeat violation, the WyoOne card will be destroyed, and a meeting with Assistant Director of Operations and/or Director of Campus Recreation must be scheduled. Access to Campus Recreation facilities and services will be restricted until this meeting occurs. The individual will be responsible for replacing their ID card at cost through the WyoOne ID office.
  - Third offense: the cardholder will lose all access and privileges associated with Campus Recreation membership.



- Acceptable rules of conduct must be observed at all times.
- Users of the facilities are subject to the immediate removal from the facility for interfering with employee duties or engaging in disorderly conduct, including the use of foul language, verbal abuse, and threatened or actual physical abuse of an employee(s) and/or other user(s).
  - Individuals who are removed from Campus Recreation facilities may have their access suspended and will be required to meet with the Director of Campus Recreation or other staff designee before a possible reinstatement of facility access. The meeting must be arranged in advance and will occur during regular business hours, 8 am – 5 p.m., Monday through Friday.
  - Campus Recreation may also refer to the Dean of Students Office or University of Wyoming Police Department in cases of possible criminal activity or violations of the Student Code of Conduct for further investigation and discipline. In cases where these outside sources are utilized, report completion or further investigation may delay the process.
- Clothing and shoes appropriate to the respective activity area are required for health and safety reasons. Street clothes or shoes are not permitted in any activity area; cut-offs are not permitted in the pool. Clothing should not be abrasive or contain fasteners or other mechanisms that might cut, scrape, bruise, etc. oneself or others.
- Cheerleading stunting is not allowed in any area of Half Acre Gym or Corbett Gym.
- Hanging upside down from exercise machines, bars, etc. (including the use of inversion boots) is not allowed in Campus Recreation facilities.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in sealable plastic or metal containers are permitted in all areas.
- Soliciting or selling products in Half Acre is not permitted except by Campus Recreation.
- No hitting, punching, sparring or wrestling are allowed in Campus Recreation facilities.
- The use of hand wraps is required while using the boxing equipment. Please clean all bags after use.
- The use of combative weapons is prohibited in Campus Recreation facilities.
- University employees, students, and members of the general public are prohibited from operating, using, or storing any bicycles, motorcycles, mopeds, scooters, skateboards, roller skates or other similar devices in a University building. Bicycles can be brought into the Outdoor Program area for maintenance from the OP east entrance.
- Situations or circumstances beyond the scope of this handbook will be addressed and resolved by Campus Recreation staff in consultation with other appropriate campus offices.



## General Cardio Area and Weight Room Policies

- All personal items should be placed in an available locker.
  - Small drawstring lifting bags will be permitted in plate-loaded weight areas, clear of walkways.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in sealable containers are permitted in all areas.
- Appropriate dress is required for personal safety and equipment maintenance reasons. Appropriate dress includes:
  - Closed toe, rubber soled athletic shoes;
  - Clothes free of buttons, rivets, or metal zippers;
  - T-shirt or tank top that covers the torso.
- Please return all equipment to the appropriate location after use.
- Collars or clips are to be utilized with all free weight bars.
- Overhead lifting of barbells is only permitted in the power racks or while seated (snatch lifts are not permitted).
- Control your weights at all times. Weights with bumper plates may be dropped from below waist-level on the Steamboat weight platforms only. Weights should not be dropped in any other area unless necessary for safety purposes.
- Standing or jumping on exercise balls is prohibited.
- As a courtesy to other patrons, please limit workouts on cardiovascular equipment to 30 minutes when others are waiting
- Hanging upside down from any equipment is not permitted.
- Please report any maintenance or repair needs to the cardio/weight room area attendant or to a staff member at the front desk in the main lobby.

## MAC Gym policies

- All personal items should be placed in an available cubby or complimentary digital locker outside of the MAC.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in sealable plastic or metal containers are permitted in all areas.
- Non-marking, closed toe athletic shoes are required.
- Hanging on the rim and nets is not permitted.
- Indoor soccer games should be played as the variation of Futsal.
- Campus Recreation staff is responsible for set-up and take-down of all court equipment. Only authorized personnel are permitted to adjust court equipment. Please visit the front desk in the main lobby to request alternate equipment set-up.



- Please report any damage or maintenance issues to the front desk staff in the main lobby.

### **Historic Gym Policies**

- All personal items should be placed in an available cubby or complimentary digital locker outside of the gym.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in plastic sealable containers are permitted in all areas.
- Non-marking, closed toe athletic shoes are required.
- Hanging on the rim and nets is not permitted.
- When a volleyball net is set up on the north court, volleyball games have priority on that court.
- Badminton has priority on all three basketball courts on Fridays from 6 -10 pm during the academic year and Fridays from 5 - 8 pm during the summer and other breaks.
- Campus Recreation staff is responsible for set-up and take-down of all court equipment. Only authorized personnel are permitted to adjust court equipment. Please visit the front desk in the main lobby to request alternate equipment set-up.
- Please report any damage or maintenance issues to the front desk staff in the main lobby.

### **Racquetball/Handball/Squash Court Policies**

- All personal items should be placed in an available locker.
- Non-marking, closed toe athletic shoes are required.
- Protective eyewear is strongly recommended.
- Purposely striking racquets against walls, doors, or floors is prohibited.
- As a courtesy to other patrons, please limit play to one hour when others are waiting.
- Campus Recreation staff is responsible for set-up and take-down of all court equipment. Only authorized personnel are permitted to adjust court equipment. Please visit the front desk in the main lobby to request alternate equipment set-up.
- Please report any damage or maintenance issues to the front desk staff in the main lobby.

### **Indoor Track Etiquette**

- Practice common courtesy to other runners and walkers using the indoor track.
- For safety purposes, run or walk only in the daily track direction.
- Running or walking side by side is permitted only when the track is not busy.
- The innermost lane is for walking only, the second innermost lane is for walking or running and the outer two lanes are for running only.



- No standing or observing from running track. Use observation windows or balcony areas to view activities on lower floors.

## **General Climbing Wall Policies**

- All personal items should be placed in an available cubby inside the climbing area or a complimentary digital locker outside of the climbing area.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in sealable plastic or metal containers are permitted in all areas.
- Top rope and lead climbing may only occur during supervised climbing wall hours.
- Climbing equipment, including but not limited to harnesses, carabiners, belay devices, ropes, and slings must be UIAA and/or CE approved, and in safe working condition, free of excessive wear and abuse.
- Loose chalk is not allowed.
- Climbing on any surface that is not climbing wall surface is prohibited.
- Climbers are not allowed to walk or climb barefoot. Shirts must always be worn.
- Only climbing wall staff may change, modify, and adjust climbing holds, routes, and boulder problems.
- Climbing wall staff and/or Half Acre staff reserve the right to intervene if they feel an individual's climbing activities are unsafe.
- Failure to comply with any policies could result in removal from the climbing wall, or revoking of climbing wall privileges.

## **Top-Rope and Lead Climbing Policies**

- All roped climbers must complete an annual liability waiver.
- Climbers must swipe their I.D. card daily to verify access to the wall before climbing.
- All top-rope and lead climbers must pass either an annual skills test or successfully complete an introductory climbing wall clinic.
- Climbers must use ropes immediately above the route they intend to climb to avoid unnecessary swing (pendulum).
- Climbing above top-rope anchor points is prohibited.
- All knots, belay devices, and harnesses will be inspected by the climber and belayer before any climbing commences.
- Ropes will be attached to harnesses using only a figure eight tie-in knot in addition to having a safety knot or at least six (6) inches of tail to the knot.
- Climbing commands must be used at all times.
- Belayers must remain standing while belaying.
- No loose hair, jewelry, or loose clothing is allowed and must be kept away from ropes and belay devices at all times.

- Do not adjust knots, belay devices, or harnesses while climbing.

### **Bouldering Policies**

- All bouldering on the tower and top-rope wall shall not exceed the twelve (12) foot mark as indicated by the horizontal painted line.
- Climbers are not allowed on top of the bouldering wall.
- Down climbing is recommended upon completion of bouldering routes.
- Top-rope and lead climbing activities have priority on the tower and top-rope teaching area during supervised wall hours.
- Spotting is strongly encouraged for all bouldering activities.
- Do not boulder, traverse, or stand under other climbers.
- While bouldering, be aware of other wall users, both climbers and bystanders

### **General Aquatic Facility Policies**

- Appropriate dress is required for personal safety and equipment maintenance reasons. Appropriate dress for the pool includes:
  - Swim wear;
  - Clothes free of buttons, rivets, or metal zippers.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in sealable plastic or metal containers are permitted in all areas.
- Children who are not toilet trained must wear swim diapers.
- Please walk on deck and in the showers. The tile may be slippery when wet.
- Shower in the locker rooms before entering the pool or spa.
- Play safely. Dunking, shoving and other horseplay may cause accidents and are not permitted.
- Diving in the shallow end is dangerous and prohibited.
- Dependents must be directly supervised by an adult at all times.
- An adult must be in the water within reach of non-swimming children or those using flotation devices.
- Anyone entering the deep end may be asked to swim one length of the pool without touching the side or bottom to prove swimming ability.
- Lane lines are dividers and should only be used as flotation devices in an emergency.
- Hyperventilation or the holding of one's breath underwater for an extended period of time can be extremely dangerous and therefore is prohibited.

### **Diving Policies (Corbett pool only)**

- Diving is allowed on the outer 1-meter and the 3-meter boards only. Use of the platforms or starting blocks is not allowed.
- Only one person on the diving board at a time.
- Diving area is hazardous for swimmers. Swim to the closest side of the pool immediately after diving.
- Jump off the board only after the previous person reaches the wall. Swimming under the board is hazardous.
- Only one bounce on the board.
- Jump straight off the diving board.
- Catching children jumping off the board is prohibited.
- Handstands and sailor dives (head first, hands at side) are dangerous and prohibited.
- Diving in which the head rotates back towards the board (such as inwards and gainers or reverses) are strictly prohibited.
- Children using diving boards must be able to swim the length of the pool without assistance.
- Children wearing floatation devices are not allowed to jump off the diving boards.
- Diving blocks are not available for use during recreational swim times.
- Use of the showers under the diving boards is restricted.

### **Pool Etiquette**

- Practice common courtesy to other swimmers using the pool.
- All lane swim patterns are counter clockwise.
- Swim to the outside of the lane to allow for passing in the middle.
- To pass, tap the foot of the swimmer in front of you, then proceed.
- If a swimmer is directly behind you when nearing the wall, pause and allow them to pass.

### **Spa Policies**

- Appropriate dress is required for personal safety and equipment maintenance reasons. Appropriate dress for the spa includes:
  - Swim wear;
  - Clothes free of buttons, rivets, or metal zippers.
- Dependents 16 years and older may use the spa when accompanied by an adult.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in sealable plastic or metal containers are permitted in all areas.
- Flotation devices, including swim noodles, are prohibited in the spa.
- Showers are required before entering the pool/spa area.

- The maximum number of spa users is 15, and must not be exceeded at any time.
- Exit immediately if uncomfortable, dizzy or lightheaded. Staying too long in a heated area will cause your body to overheat.
- Elderly persons, pregnant women, or anyone under a physician's care and those persons suffering from heart disease, diabetes, high or low blood pressure and other health problems should not enter the spa without prior medical consultation and permission from their doctor.
- Do not use the spa under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, tranquilizers or other drugs that cause sleepiness, drowsiness or raise or lower blood pressure.
- Patrons should not submerge their heads in the spa due to the extreme water temperature.
- Prolonged exposure to high temperatures may result in nausea, dizziness, and fainting. Reasonable use time is 10 minutes and it is recommended not to exceed 20 minutes.

### **Steam Room Policies**

- Steam room temperature is 100° to 110° F [38° to 43° C].
- Not recommended for individuals with cardiovascular or respiratory disorders.
- Exit immediately if uncomfortable, dizzy or lightheaded. Staying too long in a heated area will cause your body to overheat.
- Food and drink are permitted only in the main lounge area. Water and sports drinks in sealable plastic or metal containers are permitted in all areas.
- Recommended use is a maximum of ten minutes.
- Showers required before entering.
- Elderly persons, pregnant women, or anyone under a physician's care and those persons suffering from heart disease, diabetes, high or low blood pressure and other health problems should not enter the steam room without prior medical consultation and permission from their doctor.
- Dependents 16 years and older may use the steam room when accompanied by an adult.
- Do not use the steam room while under the influence of alcohol, anticoagulants, antihistamines, vasoconstrictors, vasodilators, stimulants, hypnotics, narcotics, tranquilizers or other drugs that cause sleepiness, drowsiness or raise or lower blood pressure.

### **Guest pass policy**



- Campus Recreation student employees are not eligible to sponsor non-university individuals for daily or multi-pass guest cards while on duty.
- UW students, UW employees, UW appointed employees, and Cooperating Agency employees sponsoring individuals for a daily or multi-pass guest card should be aware as a sponsoring individual they are responsible for guest's actions/behaviors while in recreation facilities. Responsibilities include litigation as a result of accident or injury incurred in recreational facilities and/or loss of facility privileges in the event of behavior problems violation of established facility policy.
- Guest passes must be purchased for each visitor accessing the recreation facilities. Daily guest passes may be purchased at the front desk in Half Acre or Corbett. The multi-pass guest card can only be purchased at the Half Acre front desk. Purchasing a guest pass requires the following:
  - The guest must be with an eligible sponsor when purchasing a guest pass.
  - The sponsor must present his/her WyoOne ID.
  - The guest must show a picture ID with age.
- Guests under 19 years of age who have not graduated from high school will be admitted only during designated family recreation times with a sponsor.
- Guest pass holders are not eligible to sponsor guests.
- UW faculty, staff, and students without facility access privileges may sponsor themselves and others for daily guest passes or multi-pass cards.
- UW faculty, staff, and students may sponsor an unlimited number of adult guests, but are limited to four (4) guest passes for children 19 years or younger (who have not graduated from high school) per adult per visit.
- Guest pass holders using Half Acre or Corbett may check out equipment with approved ID. They must present the daily guest pass receipt or their multi-pass guest card to check out equipment.
- UW community members have the option to use a multi-pass guest card with passes instead of purchasing semester or annual access on their WyoOne card.
- Multi-pass guest cards expire at the end of their sponsor's term in the current semester.

### **Spectators/guest(s):**

- All spectators must stay on the south end of the historic gym, or watch from the balcony of the running track.
- Children under the age of 18 will be allowed to watch an intramural event in the historic gym under the following conditions:
  - An adult who is not participating in the event must stay with the child.



- Children under the age of 5 must stay in the gym only; they are not allowed on the track.
- Activities in the MAC Gym can be viewed from observation windows on the 2<sup>nd</sup> and 3<sup>rd</sup> floors.
- In the pool area, spectators must stay in the designated seating area while watching pool events.
- There is a small seating area available for spectators in the climbing wall/bouldering room. Climbing wall activities can also be viewed from observation windows on the 2<sup>nd</sup> and 3<sup>rd</sup> floors.

### **Photo Policy**

In order to protect the privacy of Campus Recreations patrons and staff, personal photography or videography by camera, smart phone, tablet, or any other method is not permitted within Campus Recreation facilities.

Prior approval by Campus Recreation full-time staff must be granted for any type of photography or videography to be conducted in Campus Recreation facilities.

- The following will be needed for approval:
  - Models willing to pose for the photo shoot with signed model releases.
  - A suitable location for the photo shoot.
  - An appropriate time for the photo shoot.

### **Survey Policy**

No survey other than those conducted or approved by Campus Recreation will be permitted in Campus Recreation facilities.

### **Inclusion Policy**

It is the policy of the University of Wyoming to provide equal access to restrooms, locker rooms, or changing facilities to all members of our community. Individuals are able to use University of Wyoming restrooms, locker rooms, or changing facilities in accordance with their gender identity. In addition, within the Half Acre Recreation and Wellness Center, there is a gender neutral Express Locker area available on the first floor as well as four single-use family/gender neutral restrooms on each of the second and third floors.

### **Alcohol/Drug/Tobacco Policy**

- No alcohol, drugs or tobacco products are allowed in university buildings or at intramural/city fields.



- The campus recreation staff reserves the right to remove participants or spectators suspected of being under the influence of drugs or alcohol from the area of activity.

## **Service and Assistance Animals for Individuals with Disabilities at UW**

The University of Wyoming is committed to compliance with Section 504 of the Rehabilitation Act of 1973, and with the Americans with Disabilities Act (ADA) and its amendments. Individuals with disabilities shall be permitted to be accompanied by their service animal in all University areas where members of the public, participants in services, programs or activities, or invitees are allowed to go.

The University will determine, on a case by case basis, and in accordance with applicable laws and regulations, whether individual requests for assistance animals are a reasonable accommodation.

## **UW Family and Dependent Recreation**

Dependents who are accompanied by a parent or adult sponsor are eligible to access recreational facilities **during family recreation hours** (see Campus Recreation website or stop at the front desk for current family recreation hours).

### **Dependent hours**

- Dependents are allowed in Half Acre facility with adult supervision:
  - Fridays after 3:00 pm
  - Saturdays & Sundays during regular building hours
  - During University breaks and summer session

### **General guidelines for dependents at Corbett and Half Acre**

- An adult sponsor must be accessible in the facility to supervise and advise on medical treatment.
- **Dependents 5 years through 19 years of age** (who have not graduated from high school) are required to have a WyoOne ID card. This card can be obtained at the WyoOne Office located in room 28 in the basement of Knight Hall, for a fee.
- **Dependents 5 years of age or older** must use the appropriate locker room or utilize the gender neutral Express Locker area on the first floor or the gender neutral restrooms on the 2<sup>nd</sup> and 3<sup>rd</sup> floors.
- **Dependents cannot sponsor** individuals wishing to purchase a daily or multi-pass guest card.





- **Dependents who are registered for UW classes** or who are non-benefited UW employees may utilize recreation facilities during the semester in which they are enrolled or employed. They must pay the appropriate fees.

## Half Acre dependent guidelines

- Dependents must be directly supervised according to the following guidelines and must be actively participating in designated areas.
  - **Dependents under 5 years of age** are allowed in the historic gym, MAC gym, and climbing wall areas with direct supervision.
  - **Dependents under 5 years of age** are not permitted on the running track or in the cardio/weight areas.
  - **Dependents 5 to 12 years of age** are not allowed on or near the cardio or free weight equipment or in group exercise classes and must be directly supervised in all other activity areas and locker rooms at all times with a ratio of one adult sponsor for every four children.
  - **Dependents 13 years through high school** may recreate without direct supervision, if the adult sponsor is present in the building, except in the cardio/weight & pool areas where they must be directly supervised at all times.
  - **Dependents 16 years and older** may use the steam rooms and spa with direct adult supervision.

## Half Acre and Corbett Pool dependent guidelines

- **Dependents** must be directly supervised by an adult in the pool area at all times.
- An adult must be in the water within reach of non-swimming children or those using flotation devices.
- **Any child who is not toilet trained** is required to wear a swim diaper or plastic pants with elastic around the legs in both pools.
- **Dependents 16 years and older** may use the steam rooms and spa with direct adult supervision.
- Corbett pool is open to dependents with adult supervision during all regularly scheduled evening pool hours.

## Rock Wall dependent guidelines

- **Dependents 12 years and under** must be directly supervised at all times by a parent or legal guardian at the climbing wall.



- **Dependents 13 years through high school** may recreate without direct supervision, if the adult sponsor is present in the building.
- **Dependents 16 years and older** are allowed to belay with another climber, and must pass either a skills test or introductory climbing wall clinic.
- **Dependents 16 years and under**, whose parent have passed a skills test or introductory climbing wall clinic, can top-rope climb without having passed a skills test, but they may not belay another climber.
- All dependents who top-rope climb must have a parent or guardian complete the waiver and assumption of risk form prior to being allowed to climb. This waiver can be found at the rock wall.