

Recreational Sports Policies

(7.06)

General:

- Smoking, use of tobacco products, or alcoholic beverages are not allowed in any recreational facility.
- Food or drinks, except water bottles, are not allowed in recreational activity areas.
- Proper footwear is required. No street shoes or running shoes are allowed on court surfaces.
- No animals other than those assisting the disabled are allowed in any recreational facility.
- Bicycles, skateboards and roller blades are prohibited from the facility.

Facility Usage:

- All currently enrolled students, currently employed or retired faculty and staff, their spouses and alumni are eligible to use the facilities during operating hours. Faculty/staff, retirees, their spouses and alumni must purchase a membership or a guest fee. Currently enrolled students, who pay the Rec Center fee, are automatically members of the Rec Center. All users must present a current UNT ID card to the Recreational Sports staff to gain access to any facility. Users are allowed to forget their ID card one time. Alumni must be current members of NT Exes and will be given a Rec Sports ID card. Members and guests are required to follow all posted rules.
 - Dependents (children, up to age 24, living at home) of currently enrolled students and current faculty and staff and spouses may purchase a daily guest pass for \$5.
 - Sponsors are responsible for directly supervising minors (under age 16) while using the Rec Center. Failure to do so may result in loss of membership privileges.
 - An eligible user over 18 years of age must accompany his/her guest/dependent between the ages of 16 and 17. An adult sponsor may supervise no more than two (2) individuals under 16 years of age. Members and guests under 16 years of age may not use the climbing wall, aerobics, weight room/equipment, or racquetball courts. A parent or guardian over 18 must directly supervise individuals under 16 years of age when using the Rec Center.
 - Children 6 years of age and older must use the locker room and rest room in accordance with their gender. Failure to follow age and use restrictions may result in termination or suspension of membership or guests privileges.
 - Guests of an eligible user may use the recreational facilities by paying an \$8 guest fee. All guests must be sponsored by an eligible user. The eligible user must present his/her UNT ID card to obtain the guest pass. The guest is valid only for the date listed on the receipt. The sponsor of the guest is responsible for the guest while using the facilities. Members may sponsor up to two guests per day.
- Facility reservations may be made by calling (940) 565-2275. A minimum of 3 weeks is necessary to process a facility request.

Weight Room:

- Use of the weight room is limited to those users over age 16. No one under the age of 16 is permitted.
- Towels are required in the weight room to wipe down equipment.
- All users must have a towel at all times and should wipe down machines after each use.
- A t-shirt and athletic attire must be worn. No jeans allowed.
- Athletic shoes that cover and protect your feet must be worn. No sandals.
- Keep walkways clear. Book bags should be kept in the designated area.
- Collars are mandatory in the free weight area at all times. Spotters are recommended.
- Re-rack weights when finished. Please do not drop weights or dumbbells.
- Chalk is not allowed.
- Food, drinks, tobacco products or gum are not allowed. Water bottles allowed.
- Thirty-minute time limit on all cardio machines is strictly enforced when people are waiting.
- Please do not touch the audio or video equipment. Ask the Rec Center staff for assistance.
- Personal training must be arranged through Rec Center staff only.
- All equipment must remain in the weight room.
- In case of an emergency please contact the weight room staff.

Racquetball Reservations:

- For your convenience, all court reservations may be made one working day in advance on a phone-in or walk-in basis at the Member Services Desk in Student Recreation Center 940.369.8347. During racquetball hours, reservations may be made at the PEB checkout room 940.565.3409. Racquetball participants do not have to be a member of the Student Recreation Center in order to utilize the racquetball courts. Guests are free but must be accompanied by a UNT student or employee. Equipment may be checked out from the PEB checkroom or Student Recreation Center.
- Only one reservation may be made per person per day. Reservations may be made for one hour.
- Reservations are subject to forfeiture if not claimed within 10 minutes of the reservation time.
- Racquetball court use is limited to users over the age of 16.
- It is recommended that protective eyewear designed for racquet sports be worn at all times. Participation is at your own risk.

Equipment Checkout:

- Recreational equipment is available for checkout with a valid UNT ID card from the PEB checkroom and the Rec Center member services desk.
- Equipment is available for overnight checkout and must be returned in the condition in which it was checked out. A replacement fee will be assessed for any lost or damaged equipment.
- Equipment available for checkout includes: Badminton racquets, Basketballs (men), Basketballs (women), Birdies, Day use locks, Footballs (men), Footballs (women), Indoor soccer balls, Indoor volleyballs, Outdoor basketballs (women), Outdoor soccer balls, Outdoor volleyballs, Softball bats, Softball gloves, Softballs, Stretching mats, Table tennis balls, Table tennis paddles, Tennis balls, Tennis racquets and Weight belts.

Group Exercise Classes:

- Free classes are available to all currently enrolled UNT students and to all Rec Center members. Free classes are indicated on the group exercise schedule with an asterisk (*). All other classes are available with a group exercise pass.
- Participants *must* sign in at the Rec Center Member Services Desk for every group exercise class (except abs/back). Sign-in sheets are available 30 minutes prior to the start of each class.

Climbing Wall:

- All climbers, regardless of ability, must pass a skills test. Climbers with little or no experience must take the Intro. to climbing class.
- Approved guests of members are only eligible to purchase an Intro to Climbing class or skill test, and a one-time climb or day pass and may climb only when accompanied by their UNT member/sponsor at check in & purchase and during all climbing activity.
- Members and guests must be at least 16 years of age to use the wall.
- All climbers must sign a UNT Indoor Climbing Facility Participant Waiver. Patrons under 18 must have the form signed by a parent or guardian.
- All climbers must use UIAA approved equipment.
- Patrons wishing to use a personal climbing harness must have their harness checked by staff prior to each use. Only personal harnesses, shoes and chalk bags may be used.
- Shoes are mandatory.
- No cell phones, food or drink inside the climbing area at any time.
- You must be a currently enrolled student or Rec Center member to purchase a Climbing Wall pass. Guests of Rec Center members may use the Wall by purchasing a Rec Center guest fee and a Climbing Wall Day Pass.

Outdoor Pursuits Equipment Rental:

- All equipment is available to current UNT students, faculty and staff upon presentation of a current student or faculty/staff ID card. Rec Center members with a Rec Center ID pay the normal rental price. Non members are allowed to checkout equipment with a faculty/staff ID for an additional fee. Guests are not allowed to checkout equipment.
- Reservations may be made in person up to 2 weeks in advance at the Outdoor Pursuits Center. The full rental fee must be paid upon making a reservation. Equipment not reserved is available on a first-come, first-serve basis and must be paid for in full at the time of rental pick up.
- Cancellations must be made at least 24 hours prior to check out time or rental fees paid will not be refunded.
- Cancellations that occur within 24 hours from the rental date and time will receive no refund. All cancellations of reserved equipment that would qualify for a refund must be made in person at the Outdoor Pursuits Center during normal operating hours.
- Fees will be assessed at the current retail rate for repair or replacement of damaged or lost equipment. +Equipment returned late will be charged a daily rental rate.
- No credit or refunds will be issued for items reserved but not used or for early returns.
- Individuals abusing equipment or not following procedures may be ineligible to rent equipment in the future.
- To return equipment, please return to the Outdoor Pursuits Center during normal operating hours. Equipment returned to other areas in the Student Recreation Center will not be accepted or be considered returned equipment.

Aquatics Rules:

Pool Rules

- Swimming is permitted only when a lifeguard is present.
- Children under 16 must be accompanied by parent or guardian
- Street shoes are not allowed on the deck
- Shower before entering the pool
- No excessive splashing, dunking, shoving, or object throwing. No Running on decks.
- No diving
- No food, gum, drinks, or glass containers (water bottles are allowed)
- Do not talk to the lifeguards while on duty
- Appropriate swim attire required. Toddlers and infants must wear swim diapers. No t-shirts or cut off jeans
- People with open wounds or infectious diseases are not permitted in the pool or spa.
- Do not hang on the lane ropes
- No floatation devices allowed
- Remove all band-aids and hairpins
- Swimmers should swim with others of their ability. All swimmers should circle swim.
- Water jogging allowed in lap lanes only
- Please be aware of the emergency whistle code
- The lifeguards have authority over all patrons regarding policy enforcement.

Spa rules

- Use the spa only when the water is 104 degrees F or below
- Do not submerge head or ears
- Senior Adults, pregnant women, and those with serious health problems should not use the spa before consulting a physician
- Use the steps to enter and exit the spa. No jumping or diving allowed, and enter and exit the spa slowly
- Using the spa after consuming alcohol, drugs, or some medicines may be injurious to your health.
- Long exposure may result in nausea, dizziness, or fainting. Do not stay in the spa longer than 15 minutes at a time.
- Children under 5 may not use the spa, children under 16 must be accompanied by an adult