

# Policies, Procedures, & Guidelines

## Table of Contents

<b>GENERAL INFORMATION &amp; POLICIES</b> .....	2
CLOTHING .....	5
CONDUCT .....	5
<b>RECREATION MEMBERSHIP INFORMATION</b> .....	9
LOCKERS.....	11
<b>AREA POLICIES</b> .....	12
GENERAL .....	12
AQUATIC CENTER.....	13
CLIMBING WALL AND BOULDERING CAVE.....	13
EQUIPMENT ISSUE DESK.....	15
FITNESS CENTER.....	15
FREE WEIGHT AREA AND EXERCISE ROOM.....	16
GAME ROOM.....	17
LOBBY .....	18
MAIN & OMNI GYMS.....	18
RACQUETBALL COURTS.....	18
STUDIOS .....	19
TRACK.....	20
<b>INDIAN CREEK RECREATION AREA</b> .....	20
LODGE .....	20
POOL.....	20
<b>PANTHERSVILLE RECREATION COMPLEX</b> .....	21
<b>RESERVATIONS</b> .....	22

[ktoberg@gsu.edu](mailto:ktoberg@gsu.edu)

404-413-1767

updated 2/10/20

## **GENERAL INFORMATION & POLICIES**

Failure to comply with the following policies and guidelines could result in, but are not limited to, being asked to leave the facility, suspension of membership privileges, being reported to the Dean of Students, or being reported to the Georgia State Police Department. Anything not covered in this document, but still violates the Code of Conduct ([codeofconduct.gsu.edu](http://codeofconduct.gsu.edu)) or Employee Handbook, could also warrant disciplinary action. The University reserves the right to require medical clearance for participation.

## **WELCOME**

Georgia State University Department of Recreational Services offers a wide variety of recreational, sport, and fitness activities. We encourage you to visit our web site [recreation.gsu.edu](http://recreation.gsu.edu) for the current semester program offerings.

Exercising may cause conditions such as dizziness, light-headedness, disorientation, exhaustion or other signs/symptoms that put the exerciser at risk. If you experience any of these signs/symptoms, you should cease exercising immediately and contact a Recreational Services staff member.

## **MISSION STATEMENT**

The Department of Recreational Services promotes healthy life-styles through exceptional recreational programs, services, and facilities.

## **VISION STATEMENT**

The Department of Recreational Services will be the leader in recreational programs among urban universities serving a diverse student body.

## **HISTORY**

Former University President Carl V. Patton appointed a task force in the spring of 1994 to investigate the feasibility of building a student recreation center at Georgia State University. The students, faculty and staff members of the task force spent the spring and summer soliciting information from other universities about the impact, magnitude, costs, and contents of such centers. The group focused on urban university comparisons. They collected floor plans, photos, statistics, and fee information. The combination of their hard work and dedication played a significant role in planning the facility and establishing its policies. Student employees serve in a variety of capacities. A full-time professional staff supervises all recreation programs, services, and facilities.

## IMPORTANT PHONE NUMBERS

Administrative Office	404-413-1750	Indian Creek Pool	404-413-4272
Aquatics Office	404-413-1775	Intramural Sports Office	404-413-1924
Equipment Issue Desk	404-413-1770	Membership	404-413-1753
Fax	404-413-1768	Outdoor Trips & Rental Desk	404-413-1772
Fitness Center	404-413-1779	Service Counter	404-413-1780
Game Room	404-413-1777	Sport Clubs Office	404-413-1764
Indian Creek Lodge	404-413-1794		

## STUDENT RECREATION CENTER (SRC) BUILDING LAYOUT

The SRC is a four-level 161,000 sq. ft. recreational facility.

### Lower Level

- Equipment Issue Desk
- Four racquetball courts (with two optional wallyball courts)
- Free Weight Area
- 35 ft. Climbing Wall and Bouldering Cave
- Aquatic Center: aquatics training room, dry sauna, lap pool, leisure pool, and spa
- Unisex changing room (accessible for patrons with disabilities)
- Men's and Women's locker rooms
- Restrooms
- Touch the Earth - Outdoor Equipment Rental Center (accessible from the outside of the building near the parking decks)
- AED

### First Level (Lobby level)

The main entrance is located on Piedmont Avenue across from the Student Center.

- Charging stations
- Television
- Vending machines
- Sitting areas
- Service Counter
- Exercise Room
- Fitness Center
- Game Room
- Restrooms
- AED

## **Second Level**

- Administrative Offices
- Aerobics/Dance Studio
- Martial Arts Studio
- Studio B
- Main Gym, four basketball & volleyball courts with spectator seating
- Restrooms
- AED

## **Third Level**

- Omni Gym
- Elevated 1/8 mile running track with stretching area
- Restrooms
- AED

## **ASSUMPTION OF RISK**

Users assume a risk of injury or even death while participating in recreational activities. All participants are strongly urged to have regular medical check-ups and carry medical insurance coverage. All members and guests are required to sign a waiver.

## **AGE REQUIREMENTS**

- All children must be with their parent or guardian at all times.
- Children ages 7 years and younger are only allowed access to the leisure pool.
- Children ages 8-15 are allowed access to all areas except the Exercise Room, Free Weight Area, and the Studios
- Children ages 16-17 are allowed access to all areas.

## **CYCLES, HOVERBOARDS, SKATEBOARDS, SKATES, SCOOTERS & SIMILAR DEVICES**

Cycles, scooters and hoverboards are now allowed inside Georgia State University Recreation facilities. Roller skates, skateboards, and in-line skates may not be worn or used inside recreation facilities.

## CELL PHONE USE

Please be considerate of your fellow patrons. Disrupting programs or patrons utilizing our facilities or services with loud music or loud talking is prohibited.

## CLOTHING

Staff reserve the right to make the final decision on what is appropriate and safe. The policies, procedures, and guidelines listed are in effect for the protection of the facility, equipment, or patron.

- Shirts that cover the chest are required, except in the Aquatic Center.
- Shorts must be long enough to cover buttocks.
- Clothing, belts, or shoes with exposed metal are prohibited. Weightlifting belts are not allowed to be worn while on the upholstered equipment.
- Shoes are required, except in aquatic center and any spaces with wood floors, with limitations. Shoes are prohibited in the martial arts studio. In the gyms, racquetball courts, track, Free Weight Area, and Exercise Room, shoes must have a sole that grips, covers the toes, heel, forefoot and midfoot and must not damage or mark the floor or equipment. Shoes athletic in nature are recommended. The following types of shoes are prohibited on our wood floors (gyms, studios and racquetball courts): tap shoes, boots, sandals, dress shoes and heels. Shoes may be removed while on wood floors as dictated by the activity (dancing or yoga, for example).
- In the studios, appropriate attire is dictated by the activity, however, shoes or gear that damage the floor or equipment are prohibited.
- In the Aquatic Center, bathers must wear appropriate swim attire. Sauna suits, sweat shirts/pants, long sleeved shirts, socks, thongs (when more than 50% of the buttocks are uncovered), closed toed street shoes, denim, and frayed clothing are prohibited. Breathable swim attire is recommended. Children not trained are required to wear swim diapers with elastic gathers in the pools.

## CONDUCT

Recreational Services staff reserves the right to address any witnessed or reported concerns related to conduct or disruptive behavior. Disruptive behavior is not allowed and may result in membership suspension or termination.

Patrons participating in any program or utilizing any facility or service offered by Recreational Services are expected to conduct themselves in a respectful and appropriate manner; any patron violating this expectation subjects themselves to membership suspension or termination, or discontinuation of service or program. See the below list of prohibited general conduct:

- Conduct which is obscene or indecent.
- Disrupting or obstructing a program or patrons utilizing the facilities or services.

- Harassing any patron or staff during a program, in our facilities, or utilizing our services through unwanted conduct that causes reasonable fear for safety (e.g. stalking) or is sufficiently severe, pervasive and persistent that it interferes with the person's University employment or ability to participate in or benefit from University programs, services, or facilities.
- Threatening physical abuse, intimidation, coercion, retaliation or conduct which threatens the health or safety of others.
- Physical abuse, intimidation, coercion or other conduct which endangers the health or safety of others.

### **Campus Carry and House Bill 280**

The Campus Carry legislation allows anyone properly licensed in the state of Georgia to carry a handgun in a concealed manner on university property with noted exceptions. Information about the law can be found at [safety.gsu.edu/campus-carry](https://safety.gsu.edu/campus-carry). It is the responsibility of the license holder to know the law. Failure to do so may result in a misdemeanor charge and may violate the Georgia State Student Code of Conduct or Employee Handbook.

### **DISABILITY ACCOMMODATIONS**

To request disability accommodations, please contact the Access & Accommodations Center at <https://access.gsu.edu/>.

### **ELEVATORS**

Two elevators are located inside the turnstile area and access all floors of the building. Another elevator is accessible from the lobby and from the lower level entrance and only services the lower level entrance and lobby level.

### **EMERGENCY PROCEDURES**

In the event of a fire or other emergency, alarms will sound throughout the facility. Recreation staff members or University personnel will provide users with evacuation instructions. Do not use the elevator in an emergency. Users needing help to exit the building should notify a recreation staff member or use a white emergency phone to call for assistance. Fire alarms and extinguishers are labeled and located throughout the facility.

### **FOOD AND BEVERAGES**

Food and beverages in plastic containers are permitted in the lobby, vending area, and outside pool deck area. Water only in a plastic container with a secured lid or squirt spout is allowed in the Game Room. Plastic bottles with a secured lid or squirt spout may be used in workout areas and the pool area. Food, glass bottles and soda cans are prohibited inside the turnstiles. Please dispose of any litter properly. Recycling containers are located on every level of the SRC.

## **HOURS**

Hours will vary during semester breaks and between semesters. Hours may change based on usage and the needs of the Georgia State University community. Refer to [recreation.gsu.edu](http://recreation.gsu.edu) for current semester hours. The Student Recreation Center will be closed one week for annual maintenance in August. See website for specific dates.

## **INCLEMENT WEATHER**

Call 404-413-2100 or visit [www.gsu.edu](http://www.gsu.edu) for an update on University closings.

## **INJURIES**

If an injury occurs, please contact a member of the recreation staff immediately to assist with first aid and to document the incident. The white emergency phones may also be used. These connect directly to the Equipment Issue Desk to provide assistance to users in an emergency. First aid supplies are available at the Equipment Issue Desk, the Service Counter, the Game Room, the Exercise Room, Touch the Earth, Aquatics Center, and the Administrative Office. All facility supervisors carry first-aid supplies. All participants are financially responsible for all expenses related to injuries and emergency care, including medical care and ambulance.

## **LOST & FOUND/PERSONAL ITEMS**

Georgia State University is not responsible for lost or stolen articles. Please use lockers or cubbies. Do not bring valuables to the facility. The Lost & Found is located at the Equipment Issue Desk. All “non-valuable” items will be held for 14 days, and then discarded. “Valuable items” will be turned over to the University Police, 404-413-2100. Always secure your belongings in a locked locker, even when in the shower. The recreation staff is not allowed to hold valuables for users.

## **MUSIC**

Headphones must be used when listening to music, except for the following:

- Groups with reservations and approval to have music in the approved activity space.
- Drop in users in the studios and racquetball courts on a first come, first served basis.

You must use your own music playing device. Extension cords will not be provided. Staff may require patrons to turn music down or off if it is disrupting or interfering with facility operations or the ability of other patrons to use the facilities.

## **PANTHERCARD POLICIES**

The PantherCard is the property of Georgia State University. It should be carried always and presented upon demand for identification. The PantherCard is non-transferable.

### **MISPLACED OR LOST**

Members of Recreation who forget their PantherCard one time may access the SRC after signing a misplaced ID waiver at the Service Counter. A fee of \$5.00 will be charged anytime

thereafter during the same semester when a member forgets their PantherCard and desires to access the building.

#### **CONFISCATED**

If someone other than the person represented on the card presents it for access to any Recreation programs, facilities, or services, the card will be confiscated. The true PantherCard holder and the person using it falsely will have Recreation privileges terminated at least until the cardholder has met with the Operations Coordinator.

#### **PERSONAL TRAINERS, COACHES, AND INSTRUCTORS**

Only Recreational Services staff, in the course of their university employment, may provide personal training, sport instruction, fitness instruction, or coaching in any of our facilities.

Failure to observe this policy or attempts to circumvent it may result in university sanctions, including loss of privilege to use any Recreation program, service, or facility for both the person receiving instruction and the person giving instruction.

#### **PETS AND ANIMALS**

No pets or animals of any kind are allowed inside facilities or on Recreation property except for working companion dogs for individuals who have a disability.

#### **PHOTOGRAPHY/VIDEO**

Filming or photography which captures the likeness of others without their permission, captures the University identity, or is intended to be used for personal financial gain is prohibited. Individuals or groups working on projects for a department or an academic class that would like to reserve an activity space in any Recreation facility must get pre-approval. If filming or photography is causing a disruption to activity or safety, you may be asked to stop and to seek pre-approval for a more appropriate time or location. Filming or photography is prohibited in the locker rooms and restrooms.

#### **SMOKING, TOBACCO, DRUGS, AND ALCOHOL**

Smoking, smoking devices, e-cigarettes, tobacco, drugs, and alcohol in any form are prohibited in all recreational facilities.

#### **TOURS**

Tours are available, circumstances permitting, by notifying personnel in the Administrative Office of the SRC. Groups may request a special tour by calling the office at 404-413-1750 at least one week prior to their visit. All facility tours for non SRC members must be conducted by SRC staff.



## **RECREATION MEMBERSHIP INFORMATION**

Georgia State University students, who have paid their fees, are automatically members. Memberships are available at the Service Counter located on the lobby level and are available to any faculty, staff, and degree holding graduates (graduation will be verified) from Georgia State University. Spouses and children of members may also purchase a membership. Memberships are not available to the public.

- A government issued ID must be presented at time of purchase of membership.
- All members must sign a waiver.
- Membership includes access to the Student Recreation Center, Indian Creek Recreation Area and the ability to register for programs and services listed for members. All members must use biometric scanning or their PantherCard to enter and exit the turnstile area.
- All membership policies will be reviewed annually.
- Memberships may be purchased by the semester or annually. The earliest a membership may be renewed is the first day of the membership period.
- Members may only register their children for programs that are specifically noted as being for children based on age requirements.

*Georgia State University reserves the right to adjust membership and guest fees as necessary.*

### **MEMBERSHIP FEES**

#### **CURRENTLY ENROLLED STUDENTS**

Membership is included in student fees.

#### **FACULTY, STAFF, RETIREES**

\$252 per year or \$84 per semester (payroll deduction available)

#### **DEGREE HOLDING ALUMNI OF GEORGIA STATE UNIVERSITY**

\$306 per year or \$102 per semester

#### **SPOUSE OF CURRENT RECREATION MEMBER**

\$306 per year or \$102 per semester

- Available to spouse of current member (this would be verified each semester prior to the purchase and renewal of membership). Proof of relationship will be necessary (marriage certificate) prior to the purchase of membership. The spouse must accompany the member to sign-up for membership.
- May use facilities anytime during open hours and does not have to be accompanied by the member; has the same guest privileges as regular members will be issued a PantherCard and must utilize this card for entering and exiting the building; lockers

maybe available for semester or annual rental at the Equipment Issue Desk for a fee, day-use lockers are available at no charge.

- Payroll deduction will be available as long as the faculty or staff member is also utilizing this same service (this is not available to a spouse of a student).

#### CHILDREN OF MEMBERS

7 years of age and younger: free

8-17 years of age: \$25.50 per semester per child membership

##### *Policies*

- Memberships are only available to children of a member
- All children must be accompanied by an adult at all times.
- Children 7 and under are allowed only in the leisure pool.
- Membership ID cards for children 8-17 will be prepared at the Service Counter.
- Parents must present their ID card and the child must present their ID for entry.
- The parent or legal guardian of any child 17 or younger will be required to sign a waiver for the child at the Service Counter.

#### ADULT CHILDREN OF MEMBERS

18-26 years of age: \$51 per semester only. (Parent must be a current Recreation member).

- Parent must accompany adult child in order to sign-up for membership.
- Adult child is required to present a government issued photo id with proof of birthdate each semester prior to the purchase and renewal of membership.
- Adult child is required to sign a waiver at the Service Counter.
- Adult child member is required to present their ID card for entry.
- For equipment rental, locker rental or program registration, the parent's ISO # will be used and the price will be the member rate.

#### DAILY PASSES – FACULTY/STAFF/DEGREE HOLDING ALUMNI/RETIREES

\$5 per visit

- Non-member Faculty/Staff must be currently employed by Georgia State.
- Degree holding Alumni must have a degree from Georgia State (graduation will be verified).
- Must present PantherCard for identification at the Service Counter.
- Must have a waiver on file at the Service Counter.

- The Daily Pass does not allow access to program registration or the ability to bring in a guest.

## GUESTS OF MEMBERS

\$5 per guest per visit

- Members are allowed up to 3 guests per day.
- Guests must sign waiver.
- Guests 18 and over must present picture identification.
- Member must always accompany guest(s) during visit.
- Guests may only participate in drop in activities. They may not sign up for programs that require membership to register.
- Members are responsible for the behavior and actions of their guests.
- Guests of members that are 3-7 years of age are \$3 per guest per visit.
- Guests 0-2 years of age are free.

## MULTI-USE GUEST PASS

5 visits for \$15

10 visits for \$30

15 visits for \$45

- Member may purchase a multi-use guest pass for a discounted guest fee of \$3.
- Member must present Multi-Use guest pass and PantherCard during each visit.
- Member and their guest(s) must follow all policies for guests.
- Only full refunds available.

## LOCKERS

Locker rental begins at 6 a.m. the first Monday of fall, spring and summer semesters.

An assigned locker with lock may be rented at the Equipment Issue Desk on the lower level. Bring your PantherCard along with cash, check, PantherCash, or credit card. We accept American Express, Visa, MasterCard and Discover. Faculty or staff may pay via payroll deduction for ½ and full lockers. The lock remains the property of Recreational Services.

Recreational Services is not responsible for items stored in locker. Weapons may not be stored in lockers.

### **Locker Etiquette**

Do not leave anything hanging from your locker that would impede another person's access to their lock or locker. Do not leave unlaundered items in the locker that may create an odor.

### **Locker Renewal Period**

Locker renewal periods will typically be the last three weeks of the semester with the last day being the last day of exam week. Those not wishing to renew should remove contents prior to the last day of the exam schedule.

Contents of lockers that are not renewed will be stored at the Equipment Issue Desk. The storage retrieval fee is \$3. Unclaimed contents will be donated to charity 14 days after the last day of exams.

### **Day-Use Lockers**

#### **LOCKER ROOM**

Day-use lockers are available in the locker rooms at no cost. Members must provide their own locks and must remove them prior to the end of the day. Locks left on lockers after hours will be removed and contents stored at the Equipment Issue Desk for no more than 30 days. Unclaimed contents will be donated to charity. The storage retrieval fee is \$3.

#### **EXERCISE ROOM & GAME ROOM**

Day use lockers in the exercise room and game room are also available for use while in the Student Recreation Center. Items left in the locker at the close of business each day will be subject to a \$3 retrieval fee. Items will be removed, and contents stored at the equipment issue desk for no more than 30 days. Unclaimed contents will be donated to charity.

## **AREA POLICIES**

The policies, procedures, and guidelines listed are in effect for the protection of the facility, equipment, or patron. Clothing policies for the following areas are listed in the clothing section under 'General Information & Policies'. Patrons must also follow all other departmental policies.

### **GENERAL**

- Jumping Rope
  - Allowed in the following areas of the Student Recreation Center
    - Pool patio
    - Grass lawn
    - Martial Arts Studio if on the mats; not allowed on the wood floor

- Green terrazzo tile throughout building, if not in a high traffic area or causing a disruption
  - Not allowed in the following areas
    - Any wood floor (racquetball courts, gyms, studios)
    - PLAE flooring in Exercise Room and Free Weight Area
    - Track
    - Climbing Wall/Bouldering Cave
- No weights (dumbbells, barbells, weight plates, kettlebells, slam balls) allowed on any wood floors (racquetball courts, gyms, and studios), unless in a supervised and Recreational Services sponsored program or service.

## AQUATIC CENTER

- The Aquatic Center closes 15 minutes prior to building closing.
- Showering is recommended before entering the pools and spa, and after use of restroom.
- You must be at least 13 years of age to use the spa or sauna, and 8 years of age to use the lap pool.
- Only Coast Guard approved flotation devices are allowed. Non-coast guard approved flotation devices are prohibited (i.e., water wings, inner tubes, etc.).
- Persons with severe cuts, open sores, rashes, skin eruptions, or known communicable diseases are not permitted in the pools or spa.
- There is a 10-minute recommended time limit in the spa or sauna.
- Pool, spa, or sauna use is not allowed without a lifeguard on deck.
- All children must be accompanied by a parent or guardian adult always.
- Hypoxic training and prolonged breath-holding is prohibited.
- No diving in water less than 9 feet deep.
- No pushing, shoving or horseplay.
- No chewing gum, food, glass or tobacco.
- Drinks must be in a plastic bottle with a secured lid or squirt spout.
- Non-swimmers are advised to never enter the deep-water area.
- Be sure to check the [Clothing](#) policy specific to this area.

## CLIMBING WALL AND BOULDERING CAVE

- A PantherCard or guest pass must be presented prior to each use to a Climbing Wall Attendant. A belay device and harness may be obtained this time. Shoes may be obtained at the Equipment Issue Desk.

- The Climbing Wall Attendants have authority and responsibility to enforce all Climbing Wall procedures. Any violation of procedures by the patrons may result in suspension of climbing privileges.
- Activities are allowed during designated hours only when staff are present.
- Interfering with the duties or safety of the belayer, climber or staff of others will not be allowed. Indirect observers of participants must remain behind the rubber flooring areas.
- Appropriate climbing shoes and clothing must be worn always while using the Wall. Only climbing shoes or athletic shoes are allowed - no hiking boots, sandals or bare feet.
- Loose chalk is not allowed within the Bouldering Cave or Climbing Wall. Climbers may use chalk balls or liquid chalk.
- Climbers should not contact the suspended lights, windows or window sills.
- Vertical climbers are required to use Climbing Wall ropes, carabiners and belay devices. Participants may use the following personal safety equipment providing it is UIAA and staff approved: harness, shoes, helmets and chalk bags.
- Climbers and belayers must use the supplied equipment and their own equipment in a manner consistent with all rules, regulations and certification criteria. If you choose to climb using your personal harness, you assume the risk of injury. Please report to the staff any equipment that is being abused (stepped on or dropped). You could be using it next time.
- All personal possessions such as hoodies, bags, watches, rings, loose hanging necklaces and earrings should be removed when climbing or belaying. Possessions should be stored by the provided bench or outside cubbies.
- Belayers must be approved by the Climbing Wall Attendant before checking out belay device and must belay by Georgia State standards. Patrons are not allowed to belay a climber without having successfully completed a belay certification through Touch The Earth.
- No vertical climbing above the designated height allowed unless belayed by certified belayer. You must be accompanied by a certified belayer and be on belay while climbing. No climber can climb directly below any other climber. Only one climber per vertical section. Vertical climbers have priority over boulderers.
- Correct climbing commands must be used by both the climber and belayer.
- Climbers are not allowed to hang on the top of the Climbing Wall or attempt to top out on the wall.
- Any damaged holds must be immediately brought to the attention of the Wall Attendants. Only the Wall Attendants have the authority to move, remove or alter any hand or foot holds on the Climbing Wall.

- Children between ages 8-15 may use the Climbing Wall only when accompanied by their parent or guardian. Climbers must be at least 16 years old to be considered as belayers for other climbers.
- No food or drink (other than water) is allowed in the Climbing Wall.
- Participants are responsible for abiding by specific Climbing Wall activity procedures and attending the necessary clinic and orientations before climbing.
- Top Rope climbers and Lead climbers should actively try to share the climbing space. When the climbing wall is busy, lead climbers should not traverse, or climb routes in a manner that would occupy multiple routes at once.
- Questions may be directed to [touchtheearth@gsu.edu](mailto:touchtheearth@gsu.edu) or 404-413-1773.

## EQUIPMENT ISSUE DESK

A PantherCard is required to check-out and return equipment. Only current members may check out equipment

- Cash, check, PantherCash and credit cards (American Express, Visa, MasterCard, and Discover) are accepted for purchases.
- Dirty laundry items should be returned and placed in the laundry basket on the same day they were rented.
- All checked out items should be returned on the same day they were rented by 10 minutes prior to closing.
- Only bags that are too large to fit into an empty locker will be checked at the Equipment Issue Desk. Checked items will be kept only while the patron is in the SRC.
- Users will be charged for equipment returned late, equipment not returned, or any equipment returned damaged or broken.

## FITNESS CENTER

Personal training sessions include cardiovascular exercises, muscle strengthening and endurance exercises, and flexibility exercises. Nutrition consultation sessions include discussions about dietary habits and goals for nutritional intake based on nutritional needs and within the scope of practice of the nutrition practitioner. Sessions can only include matters within the scope of practice offered by the Fitness Center staff and their respective programs or services. The Fitness Center reserves the right to make referrals out rather than provide services to clients when issues exceed the scope of available services or scope of practice of the practitioner.

- **Cancellations and Rescheduling:** Canceling or rescheduling sessions requires at least 24 hours notice. If a 24-hour notice is not given, it will be considered a no-show. I understand that I will forfeit that session as well as the cost of the session. A maximum of 3 cancellations, schedule changes, no-shows will be allowed each semester. I understand that sessions that have not begun 15 minutes past the scheduled start time

due client tardiness will be forfeited without a refund or rescheduling and counted as a no-show. If more than 3 cancellations, schedule changes, no-shows occur, I understand that any scheduled sessions in the current semester will be returned to the available session pool and I will be suspended in scheduling sessions until the following semester. I understand that only 3 sessions may be carried forward one semester.

- **Refunds:** Refunds will be given for sessions if there is a documented medical issue that precluded provision of 24 hours' notice of the need to cancel or reschedule. A refund will also be given if the scheduled sessions are returned to the session pool for administrative purposes.
- **Carrying Sessions Forward One Semester:** A maximum of 3 sessions (sessions, consultations, tests) may be carried forward for one semester (spring to summer; summer to fall; fall to spring). Any sessions not used by the end of the second semester will be forfeited.

## FREE WEIGHT AREA AND EXERCISE ROOM

- Users are responsible for sanitizing equipment before and after use. Each user may bring his or her own towel or use the dry paper towel dispensers located in the workout area to remove sweat. GymWipes for sanitizing are located throughout each area to disinfect machines after each use. You are encouraged to clean each machine before and after use.
- The Exercise Room and Free Weight Area floorspace must be kept free of personal belongings.
- Please report any broken equipment to the Exercise Room desk.
- Exercise Room staff can only provide general selectorized and cardio equipment orientations only. See the Fitness Center staff for fitness assessment, exercise prescriptions, and personal training.
- Users must return all equipment to their proper storage location. For example, dumbbells should be returned to the storage rack, Olympic bars returned to the bar rack and weight plates returned to a weight tree or equipment-side storage.
- Weight belts are not allowed on exercise equipment if the buckle contacts the upholstery.
- Users must allow others waiting for equipment to work into their rotation.
- Slamming weight stacks or dropping Olympic bars, weight plates, barbells or dumbbells is prohibited. Olympic bars, weight plates, barbells and dumbbells must be below the knee before placing down.
- Lifts utilizing Olympic bars can only occur in the power racks or in designated spaces. Overhead lifts utilizing Olympic bars must occur in a power rack.
- Users are recommended to have a spotter when excessive weight is lifted.
- Spring collars are required on all bars with plates added.



- Chalk is prohibited.
- Olympic lifting is prohibited (e.g. power clean, power clean and jerk, split jerk and power snatch).
- Please respect your fellow patrons. Disrupting programs or patrons utilizing the facility with loud music or loud talking is prohibited. Use of electronic devices on a machine between sets while others are waiting is prohibited.
- No person under the age of 16 may be in either of these areas.
- Patrons must use the equipment for its intended purpose or function. Improper use of any plate-loaded machines, selectorized machines, or cardiovascular equipment will not be tolerated.
- Weights are not allowed to be taken into the racquetball courts unless working with a Recreational Services personal trainer.
- Be sure to check the [Clothing](#) policy specific to this area.

## GAME ROOM

- Check out and return all equipment with your PantherCard.
- Users will be charged for equipment returned late, equipment not returned, or any equipment returned damaged or broken.
- Food and Beverages: Only water in a plastic bottle with a secured lid or squirt spout permitted.
- Gambling and fighting are prohibited. May result in suspension of Recreation membership privileges.
- Secure your valuables, clothing and book bags in a locker.
- All open table tennis, game console televisions, and billiard tables are available on a first-come, first-served basis.

## BILLIARD AREA POLICIES

- Play is limited to one hour if there are people on the waitlist.
- When your hour is up, you are to stop playing when asked by the staff.
- If you are signed up on the waitlist and you join a game at another table, you will be moved to the end of the waitlist regardless of how much time they have left on the table.
- Patrons may only rent one set of balls and use one table at a time.
- One foot must remain on the floor while shooting.
- Sitting on the tables is prohibited.

## GAME CONSOLE POLICIES

- Play is limited to one hour if there are people on the waitlist.
- When your hour is up, you are to stop playing when asked by the staff.
- If you are signed up on the waitlist and you join another game, you will be moved to the end of the waitlist regardless of how much time they have left to play.
- All personal games brought from home must be a hard disc.
- Wrist straps must be secured on wrist when playing the Wii.
- Allow adequate room around you during game play
- Internet use during play is prohibited.

## LOBBY

The lobby is for the exclusive use of Georgia State University students, faculty, staff, Recreation members, and their sponsored guests. This main concourse is the primary entrance to and exit from the activity areas of the SRC. Use of any other exterior door is prohibited and will activate an alarm system. The lobby may be reserved for approved university events.

## MAIN & OMNI GYMS

- Hanging on the rims or throwing balls at the windows or onto or from the track is prohibited.
- Please secure your valuables, clothing and book bags in a locker.
- Courts are available on a first-come, first-served basis when not reserved for programs, special events, or approved reservations.
- Indoor soccer balls only, no rubber or vinyl outdoor balls allowed.
- Plastic floor hockey sticks are preferred. All non-plastic floor hockey sticks must be approved by Assistant Director for Facilities or Intramurals.
- In Omni Gym, spectators should enter the gym through the hallway entrance located past the gym doors on the right.
- Be sure to check the [Clothing](#) policy specific to this area.
- For a volleyball or badminton set up, contact a Facility Supervisor at the Service Counter. A minimum of 4 people must be present for drop in volleyball. A minimum of 2 people must be present for drop in badminton.

## RACQUETBALL COURTS

- No weights allowed, unless working with a Recreational Services personal trainer.
- Unreserved courts are “first-come, first-served” and available for play for one hour or until the next reservation.
- No lacrosse, cricket, softballs, baseballs or soccer balls are allowed. These items could mark or damage the walls, floor and glass.

- Protective eyewear is highly encouraged!
- Racquets, balls, and eyewear can be checked out at no charge at the Equipment Issue Desk.
- Intentional kicking or hitting the walls, floors, or glass is prohibited.
- Reservations are accepted up to 2 days in advance, but no less than 1 hour prior to usage time. Reservations can be made in person at the Equipment Issue Desk anytime during operating hours or over the phone at 404-413-1770. Courts 1 and 2 will start play on the hour for one hour with a limit of one reservation per day per person. Courts 3 and 4 will begin play on the half hour. Court reservations are forfeited after 10 minutes. Courts are available for open play if there are no reservations or if participants do not show for their reserved time slot.

## STUDIOS

### AEROBICS/DANCE, MARTIAL ARTS, AND STUDIO B

- For safety considerations, classes may be limited based on space and the availability of equipment.
- If classes are crowded, participants cannot reserve space or equipment for anyone not present.
- Studios are available on a first-come, first-served basis when not reserved for programs, special events, or approved reservations.
- Patrons must be at least 16 years of age to participate in fitness classes.
- Instructional clinic registration is limited to members.
- Participants who enter a class after the warm up has concluded may be asked to leave.
- Participants leaving a class early are responsible for their own cool down if they choose to leave before class has ended.
- Closed toe, non-marking, athletic shoes are required for Fitness Classes.
- Stereo use and closet access is limited to current instructors.
- To maximize space and ensure safety, participants are encouraged to store personal belongings in one of the secured locker areas.
- For the comfort and safety of participants, a towel and water bottle is highly recommended for group fitness classes.
- No cell phones are to be used inside of studios during class instruction
- The instructor reserves the right to ask a participant to leave for refusal to follow these policies.
- Participants are encouraged to use cleaning towels to wipe down equipment before and after use.
- Be sure to check the [Clothing](#) policy specific to this area.

## TRACK

Track is only to be used for walking/running. Any other activity must be a pre-approved program. Track spikes are prohibited. Activity direction will change each day. Out of courtesy to other runners on the track, do not reset the pace clock unless you are the only person on the track. Slower walkers and joggers should move to the outside of the track. Be sure to check the [Clothing](#) policy for more specifics to this area.

## INDIAN CREEK RECREATION AREA

### LODGE

900 South Indian Creek Drive, Stone Mountain, Ga 30083

The 4,700 sq. ft. lodge consists of a large meeting or banquet room, two breakout rooms, an open pre-function reception area with a fireplace, a catering kitchen and front and rear outside decks with seating. For details regarding scheduling, site specific policies and fees, visit <https://recreation.gsu.edu/about-us/reservations/>.

Georgia State properties' and facilities' policies are applicable, which include, but are not limited to:

- NO SMOKING ALLOWED - Smoking, smoking devices, e-cigarettes, tobacco, drugs, and alcohol in any form is prohibited in all recreational facilities.
- NO ALCOHOLIC BEVERAGES are allowed anywhere on the premises.
- NO PETS are allowed anywhere on the premises, except for working companion animals.
- Parking should be confined to the paved areas only. Parking on grass or dirt is prohibited.

### POOL

- All members are required to show current identification to access the ICRA pool
- All users (members, family and guests) of the ICRA pool are required to follow all rules, policies and procedures of Georgia State University and ICRA. Failure to comply may result in immediate revocation of membership. Members are responsible for the behavior and actions of their family and guests.

- All users (members, family and guests) of the ICRA pool must read and sign a release/waiver.
- Minors (persons 17 years or younger) must be accompanied by an adult 18 years or older.
- Pool area will close 15 minutes before facility closes.
- Be considerate of other patrons. Keep music and other noises at a minimum.
- Only US Coast Guard approved flotation devices are allowed.
- Only proper swim attire allowed in the pool. Frayed clothing is prohibited.
- Smoking, smoking devices, e-cigarettes, tobacco, drugs, and alcohol in any form are prohibited in all recreational facilities.
- Food and drinks are not allowed in the pool.
- Glass is prohibited.
- The following are prohibited:
  - Diving
  - Running, pushing or dangerous horseplay
  - Hanging or sitting on ladders or lane ropes
  - Sheer/thong swimsuit
- Swim diapers are required for non-toilet trained children.
- Please change children's diapers and clothing in the locker rooms.
- No swimming allowed during severe weather, with the direction of the Lifeguard Staff.
- Management reserves the right to deny use of the pool to anyone at any time.
- THE LIFEGUARD ALWAYS HAS COMPLETE AUTHORITY OVER THE POOL AREA.

Family Season Pass: \$50 - Currently enrolled students; \$60 - Recreation members  
*Limited to spouse, dependent children, and one additional adult of current student or member*

## **PANTHERSVILLE RECREATION COMPLEX**

2401 Wildcat Road, Decatur, GA 30034

This facility includes two large lighted fields, sundeck, restrooms and parking. This area is used for intramural and sport club events but may be reserved by student groups. Call 404-413-1750 for more details.

Georgia State properties' and facilities' policies are applicable, which include, but are not limited to:

- NO SMOKING ALLOWED - Smoking, smoking devices, e-cigs, tobacco, drugs, and alcohol in any form is prohibited in all recreational facilities.
- NO ALCOHOLIC BEVERAGES are allowed anywhere on the premises.

- NO PETS are allowed anywhere on the premises, except for working companion animals.
- NO GOLFING is permitted anywhere on the premises.
- DO NOT LITTER - Participants should use the trash containers and not leave any trash or garbage on the facility grounds.
- The Department of Recreational Services is not responsible for any personal items left unattended or unsecured.
- Parking should be confined to the paved or graveled areas only. Parking on grass or dirt is prohibited.

## **RESERVATIONS**

Space in the Student Recreation Center, Indian Creek Recreation Area and Panthersville may be reserved by University departments and chartered student organizations.

Facilities are only available for non-commercial use by eligible users. Eligible users may only place a reservation for their own use and may not make reservations for other persons or groups who are not eligible to make the reservation directly. Reservation applications can be found at <http://recreation.gsu.edu/about-us/reservations/>.