Loyola University Department of Recreational Sports

Facility Usage Policies

Entry to FAC

All FAC student employees, volunteers, coaches from any department on campus, instructors, and department contractors must bring their Loyola ID each time they visit the FAC, whether they are working or coming to exercise. Exceptions must not be made for friends of FAC employees when supervisor is not present.

Food and Beverages

Food and beverages (excluding water) are not permitted beyond the Welcome Desk. Patrons shall be asked by student employees to consume food and beverages, other than water, in the café. If patrons bring food and beverages in a concealed bag, then the student employees at the work station and the building supervisors are required to approach the patron and enforce this policy.

Equipment Checkout

Various pieces of equipment and towels are available for check-out by all patrons at no charge in the equipment room (or seasonally at the Welcome Desk) after showing the attendant a Loyola ID.

Group Check In/Group Usage

Group check-in is typically handled by the Building Supervisor, unless otherwise noted by the administrative staff. Group use of any kind, to include meetings for department and non-department groups must always be arranged in advance through the Associate Director, Facilities and Risk Management.

Locker Rental

Lockers are available for daily use at no charge by checking out a lock at the Equipment Room OR can be rented by speaking to Member Services.

Tours

Visitors may schedule a facility tour through the Assistant Director of Business Operations. Self-guided tours are also offered by following the visitor policies at the Welcome Desk. Exceptions for this sign-in policy may occasionally be made for specific events (ie: Orientation Weekends, Family or Reunion Weekends, etc.) Patrons on tour are not permitted to use the facility.

AREA SPECIFIC RULES

AQUATIC CENTER

1. Swimming is permitted only when a certified staff lifeguard is on duty and in position.
2. Individuals under the influence of alcohol or drugs are prohibited from use of the Aquatic Center.
3. Soap showers must be taken before using the Aquatic Center.
4. No diving into areas marked “shallow water” or “No Diving.”
5. No running or rough play in the Aquatic Center.
6. No swimming under the bulkhead.
7. No swimming in springboard diving area unless otherwise specified.
8. Health Department Regulations:
   a. Any individual who has the following conditions may not enter the water of a public pool or spa
      i. Infections or contagious disease that may be transmitted in water
      ii. An open cut, blister or other lesion
      iii. Diarrhea
9. No smoking in the Aquatic Center.
10. No street shoes on the pool deck.
11. No cut-offs or jeans allowed in the pool.
12. Floats are not permitted.

Note: A complete set of pool rules and regulations can be obtained from the Lifeguard Office.

**Hot Tub Rules:**
The hot tub will be closed Wednesday afternoons from 1-3PM for weekly cleaning

1. Use only when open and a lifeguard is present.
2. Shower with soap before using.
3. Enter and exit cautiously.
4. People with heart disease, diabetes, high or low blood pressure, seizures, epilepsy or other serious medical conditions are not permitted to use the hot tub.
5. Pregnant women should consult their physician before using the hot tub.
6. Children under the age of 16 should be supervised by an adult.
7. Children under the age of 7 are not permitted in the hot tub.
8. Do not use the hot tub while under the influence of alcohol or drugs.
9. For health reasons, please use for 20 minutes or less.

**Sauna Rules:**

1. To reduce the risk of overheating, exit immediately if uncomfortable, dizzy or sleepy.
2. Check with a doctor before use if pregnant, in poor health or under medical care.
3. Children under age 7 are not permitted in sauna. Older children must be supervised.
4. Use only when the pool is open and a lifeguard is present.
5. For health reasons, please use for 10 minutes or less.
6. Do not pour water on heater.

**ACTIVITY, EQUIPMENT & APPAREL REGULATIONS**

**Baseball Hats**

Baseball hats are not permitted at any time while playing contact sports at the FAC (safety problems occur when brim is facing front or back.)
**Baseballs/Softballs/Bats**

Can only be used during CLOSED supervised Club practices. Recreational throwing or hitting is not permitted in any FAC gymnasium or the MAC by anyone at any time (including soft toss and pitching practice.)

**Bicycles/Skateboards/Scooters**

All bikes, skateboards and scooters, including those of Recreational Sports part-time and full-time staff, must be secured outside of the facility on the bike rack. These personal items should not be stored at the Welcome Desk or leaning against a wall anywhere inside the FAC, including the FAC entryways.

**Foosball**

Foosball equipment is available for checkout through the Equipment Room.

**Footballs**

Footballs cannot be throw indoors due to the safety problem it presents to other patrons. (The footballs available for check-out from the Equipment Room are for outdoor use only.)

**Footwear**

- Only non-marking athletic footwear that offers full coverage of the foot is permitted on any recreational surface to include: basketball courts, MAC, studios, racquetball and squash courts, fitness center and the track.
- Sandals, flip-flops or slip-on shoes may not be worn during any recreational activities.
- Rubberized climbing shoes are required to use the Climbing Wall.
- Bare feet and sandals/flip-flops ONLY are permitted on the pool deck.
- Ju-Jitsu participants may be barefoot only while in the studios. Participants must wear footwear while going to and from the studios.
- Spectators of events must be wearing some form of footwear.
- If a patron violates the footwear policy, they will be asked to leave to retrieve acceptable footwear.
- Recreational Sports staff reserves the right to define acceptable/appropriate recreational footwear.

**Frisbees**

Frisbee throwing is not permitted in the FAC at any time.

**In-Line Skating**
In-line skating is permitted on the MAC only and comes with area/sport specific rules, which are posted on the court for reference by student employees and patrons. Skaters must not skate on carpets in the FAC.

**Lacrosse Sticks and Indoor Balls**

Lacrosse sticks and indoor balls can be used on the MAC only (indoor ball is pink and available in the Equipment Room.) Regulations outdoor lacrosse balls cannot be used anywhere by anyone in the FAC. The indoor balls can be used for “wall ball” against the cinderblock walls on the MAC. Golf balls for “wall ball” are not permitted.

**Shirts**

Shirts must be worn at all times in the FAC. Shirts and skins for pick-up basketball is not allowed. (Exception: pool and locker rooms.)

**Soccer Balls (indoor and outdoor soccer balls)**

Soccer balls can only be used on the MAC. (Gym A and B are off limits due to injury risk to other patrons.)

**Strollers/Car Infant Carriers**

All strollers/car infant carriers should be left in the car, unless being used to transport a child throughout the FAC, to the pool or for spectating an event. Personal equipment such as these items cannot be left at work stations for student employees to watch.

**Table Tennis**

Table tennis equipment is available for checkout through the Equipment Room.

**Tennis**

Tennis is not permitted anywhere in the FAC.

**Towels**

Towels are available at no cost to members through the Equipment Room and must be returned same day.

**Wallyball**

Wallyball can be played on the racquetball courts (not on squash courts) by affixing a specially sized net at center court. This game is an alternative to volleyball and allows for the use of the walls, which are in-bounds.

**CLIMBING AREA RULES**

1. Only individuals who have been officially approved by the climbing wall staff may belay.
2. When not climbing, please step out of the way of those climbing or wanting to climb.
3. Do not walk between belayer and climber.
4. Every climb must begin with a hands-on check.
5. Proper use of climbing commands is required at all times.
6. Personal items such as loose clothing, jewelry, watches, rings, bandanas etc. should either be removed or controlled.
7. Proper footwear is required while climbing and belaying—no bare feet.

CLIMBING WALL RULES

1. No eating or drinking in the climbing wall area.
2. Please ask for assistance when necessary.
3. Please report any damages or misuse of equipment and climbing wall to the climbing wall staff or to the Outdoor Adventure Center.
4. The climbing wall staff and Department of Recreational Sports reserve the right to deny any individual the use of the climbing wall should the rules stated here or general safety precautions not be followed.

BOULDERING AREA RULES

1. Boulderering area is open all hours the Fitness and Aquatic Center is open.
2. Boulderering is at your own risk.
3. Spotting is encouraged.
4. Do not cross the route of another while climbing.
5. Proper footwear is required while climbing—no bare feet.

FITNESS CENTER RULES

Show common courtesy towards others in the Fitness Center at all times.

1. No one under the age of 16 may use the Fitness Center.
2. All personal belongings must be secured in the cubbies or lockers. The Fitness Center consultants will not hold any items, valuables included.
3. The floor must be kept clear at all times.
4. Equipment may only be used for intended exercises. Participants are asked to read instructions and ask Fitness Center consultants to instruct in proper use of each machine.
5. Participants are asked to wipe off the equipment after each use. Disposable towel dispensers are available throughout the Fitness Center.
6. No loud, offensive language or profanity is permitted.
7. Shirts, shorts, sweatpants or other athletic apparel must be worn at all times. No blue jeans or street clothes will be allowed.
8. Closed-toe athletic shoes must be worn at all times. No sandals or bare feet are allowed at any time.
9. No food, gum, glass bottles, cans or sport drinks are allowed in the center.
10. There is a 30 minute limit for use of cardiovascular equipment. Please ask the Fitness Center consultants to place your name on a waiting list if all machines are occupied.
RACQUETBALL COURT RULES
1. Non-marking athletic shoes and shirts must be worn at all times.
2. Personal belongings must be secured in lockers. Do not leave valuables in activity areas or outside courts.
3. Water in closed, plastic containers is allowed. All other food, glass containers, gum and tobacco is prohibited.
4. Reserved courts must be in accordance with existing policies and procedures (by calling Equipment Room.)
5. Wrist straps are strongly recommended.
6. Protective eyewear is strongly recommended.
7. Use of court for any activity other than racquetball is prohibited (except wallyball.)
Note: Racquetball equipment is available at no charge to patrons at the Equipment Room.

SQUASH COURT RULES
1. Non-marking athletic shoes and shirts must be worn at all times.
2. Personal belongings must be secured in lockers. Do not leave valuables in activity areas or outside courts.
3. Water in closed, plastic containers is allowed. All other drinks, food, glass containers, gum and tobacco are prohibited.
4. Reserved courts must be in accordance with existing policies and procedures (by calling Equipment Room.)
5. Protective eyewear is strongly recommended.
6. Use of the court for any activity other than squash is prohibited.
Note: Squash equipment is available at no charge to patrons at the Equipment Room.

TRACK
1. No sprinting or team drills.
2. Slow lane on the inside and fast lane on the outside.
3. Track directions change by the day:
   a. Saturday, Monday, Wednesday and Friday (clockwise)
   b. Tuesday, Thursday and Sunday (counter clockwise)
4. Track length: .1 of a mile (10 laps = 1 mile)

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