

Loyola University Department of Recreational Sports

VARIOUS OTHER FACILITY USAGE POLICIES

The policies below apply to all patron use, to include student employees when using the FAC. It is very important for Recreational Sports student employees to follow all policies listed here and those posted throughout the FAC, and not expect your fellow employees/friends to make exceptions based on Departmental affiliation/relationship.

ENTRY TO FAC

All FAC student employees, volunteers, coaches from any department on campus, instructors, and department contractors must bring their Loyola ID card each time they come to the FAC, whether they are working or coming in on their own to exercise. Exceptions will not be made because of your employment in the Department of Recreational Sports or based on your personal recognition. Exceptions must not be made for friends of FAC employees when supervisor is not present.

FOOD AND DRINK

Food and drink (excluding water) are not permitted beyond the Welcome Desk by anyone (the vending machines were positioned where they are during facility design due to this policy being anticipated). Patrons shall be asked by student employees to consume food and drink beverages, other than water, in the Café. If patrons bring in food and drink in a concealed gym bag, then the student employees at the work stations and the Building Supervisors are required to approach and enforce this policy.

EQUIPMENT CHECK-OUT

Various pieces of equipment and towels are available for check-out by all patrons at no charge in the Equipment Room after showing the attendant your Loyola ID card.

GROUP CHECK-IN/GROUP USAGE

Group check-in is typically handled by the Building Supervisor, unless otherwise noted by the Welcome Desk supervisor for specific groups (such as Ju-Jitsu). Group use of any kind, to include meetings, for department and non-department groups must always be arranged in advance through the Assistant Director of Facilities and Special Events.

LOCKER RENTAL

Lockers are available for daily use at no charge or can be rented by speaking to the Equipment Room student employees or the Member Services student employees.

TOURS

Visitors may schedule a facility tour through the Assistant Director of Business and Marketing. 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, (i.e. Orientation Weekends; Family or Reunion Weekends, etc.) but you will be notified via Pass-On if this is the case. Patrons on tour are not permitted to exercise in the FAC, even for a moment to try something apparently harmless (i.e. shooting a basketball in the gymnasium, kicking a soccer ball in the MAC, trying out an Elliptical trainer, etc.)

AREA SPECIFIC RULES: AQUATIC CENTER RULES

Floats are not permitted in the pool, except for during Family Fun Nights or other specially-designated events. Pool floats create a visibility problem for lifeguards that can reduce lifeguard reaction time.

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 bulkhead.
7. No swimming in springboard diving area unless otherwise specified.
8. Health Department Regulations:
Any individual who has the following conditions may not enter the water of a public pool or spa:
 - Infections or contagious disease that may be transmitted in water
 - An open cut, blister or other lesion
 - Diarrhea
9. No smoking in the Aquatic Center.
10. No street shoes on the deck of the pool.
11. No cut-offs or jeans allowed in the pool.

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

HOT TUB

The hot tub will be closed Friday afternoons from 1 – 4pm for weekly cleaning.

Rules:

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.
7. Children under age 7 are not permitted in the hot tub.
8. Do not use the hot tub while under the influence of drugs or alcohol.
9. For health reasons, please use for 20 minutes or less.

SAUNA RULES

To reduce the risk of overheating:

- Exit immediately if uncomfortable, dizzy, or sleepy. Staying too long in a sauna can cause overheating.
- Check with a doctor before use if pregnant, in poor health, or under medical care.

- Breathing heated air in conjunction with consumption of alcohol, drugs, or medication can cause unconsciousness.

Rules:

- Children under age 7 are not permitted. Older children must be supervised.
- Use only when pool is open and a lifeguard is present.
- For health reasons, please use for 10 minutes or less.
- **Do not pour water on the heater. This will cause it to break.**

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, long hair and other such things should either be removed or tied back.
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. Bouldering area is open all hours the Fitness and Aquatic Center is open.
2. Bouldering 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.
6. The child use policy still applies.

FITNESS CENTER

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

1. No one under the age of 16 may use 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. Towels are available at the desk.
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 or cans 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.

RAQUETBALL 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 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 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

- No sprinting or team drills
- Slow lane on the inside and fast lane on the outside
- Track direction
 - Saturday, Monday, Wednesday, and Friday (←)
 - Tuesday, Thursday, and Sunday (→)
- Track length – 0.1 mile (10 laps to complete a mile)

ACTIVITY, EQUIPMENT & APPAREL REGULATIONS:

BASEBALL HATS

Baseball hats are not permitted at any time while playing contact sports at the FAC (safety problem occurs when brim is facing front or back).

BASEBALLS/SOFTBALLS/BATS

Can only be used during CLOSED supervised Club practices with “incrediballs”. Recreational throwing or hitting is not permitted in any FAC gymnasium or the MAC court 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 Welcome Desk or leaning against wall anywhere inside the FAC.

FOOSBALL

Foosball equipment is available for checkout through the Equipment Room.

FOOTBALLS

Footballs cannot be thrown indoors due to the safety problem it presents to other patrons (the footballs that can be checked out from the Equipment Room are provided for outdoor use only).

FOOTWEAR

- Only non-marking athletic footwear that offer full coverage of the foot are 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 are only permitted on the Pool Deck.
- Ju-Jitsu participants may be barefoot only while in the studio. Participants must wear footwear while going to and from the studio.
- Spectators of events must be wearing some form of footwear
- If a user violates the footwear policy, he/she 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 FAC, because the wheels mark and damage the carpets.

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). Regulation 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).

SKATEBOARDS/SCOOTERS

Skateboards/Scooters are not permitted anywhere on the North Campus premises. Additionally, skateboards/scooters are not permitted to be carried into the FAC.

SOCCER BALLS (indoor soccer balls only)

Indoor soccer balls can only be used on the MAC court (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.

TOWEL PROGRAM

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. Wallyball is also played with a special ball that is slightly smaller than a regulation volleyball and made of the same type of blue rubber that a racquetball is made of, as opposed to a leather product.

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