RHODE ISLAND COLLEGE RECREATION CENTER  
General Policies and Procedures/Rules and Regulations  

General Rules  

Conduct While Using Facilities  

All individuals who use the facilities/activity areas within the Rhode Island College Recreation Center are expected to adhere to established rules and regulations. The cooperation of all parties will assist in keeping the Center clean and orderly. Behavior guided by common sense, respect for property and other users, as well as being afforded the opportunity to use these facilities should be an incentive for everyone.  

Individuals misusing the facilities or not adhering to the rules and regulations will be immediately removed from the facility, have their privileges revoked and forfeit all paid fees.  

1. The Recreation Center facilities are available for use upon presentation of a VALID CURRENT Rhode Island College Student ID or a Recreation Center Membership Card. Receipt of payment is not an acceptable form of identification. Everyone entering the facility must check-in at the front desk.  

2. To be eligible for an individual membership at the Recreation Center, applicants (other than Rhode Island College students) must be 18 years of age or older.  

3. Parents/guardian of children participating in a Recreation Center sponsored program or activity must remain in the Recreation Center at all times.  

4. Children 8 years of age and older must use the locker room and shower facilities appropriate for their gender. Children under 8 years of age may use the Family locker/shower room with their accompanying adult.  

5. Alcohol, smoking, chewing tobacco and/or gum is not permitted in any activity area of the Recreation Center.  

6. Profanity, racial and abusive language will not be tolerated.  

7. Bicycles, skateboards and pets are not allowed in the Center. (Only guide/aid animals accompanying impaired individuals may enter the Recreation Center.)  

8. Use of the Rhode Island College Recreation Center is for recreational purposes only…. PRIVATE PROFESSIONAL INSTRUCTION IS PROHIBITED.
9. Throwing or kicking of any object or any activity that is determined to be hazardous to other patrons is not permitted. Failure to comply will result in a suspension of membership.

10. Valuables should not be brought into the Recreation Center. The College/Recreation Center is not responsible for personal property lost or stolen.

11. Personal music devices with headphones is allowed and the music is not too loud and offensive to others. No speakers or other audio equipment is allowed.

12. Anyone who is caught attempting to admit people into the building through a locked door will be immediately removed from the facility and their Recreation Center privileges will be revoked.

13. Allowing another person to use your RIC/Recreation Center identification card will result in the card being confiscated and the owner of the card privileges to use the Recreation Center will be revoked.

**Rules and Regulations Specific to Activity Areas**

**Field House**

The Field House provides opportunities for a variety of activities. It features a five-lane 1/10\textsuperscript{th}-mile track and three separate multiple court playing surfaces with markings for volleyball and basketball.

1. Gym bags, coats, extra clothing, books and other articles must be placed along the wall or left in lockers. These items should NOT be stored underneath a basket or along the baseline.

2. All participants must wear non-marking, athletic footwear. (Spikes are not permitted.)

3. Shirts must be worn at all times.

4. No hanging on rims, backboards or nets.

5. Keep feet off walls

6. Throwing or kicking balls off the walls is prohibited

7. Spitting on the floor, walls or in the water fountain will not be tolerated.

8. Recreational sport participants must observe and adhere to rules of the field house. When the Field House is crowded, the basketball courts may be broken down into half-court
games in order to accommodate more people. This decision will be made by the Recreation Center Management and will be necessitated on a need basis.

9. The track is strictly for joggers, wheelchair athletes and walkers. Children should not be on the track unless accompanied by an adult. No track spikes allowed.

10. Any activity that is deemed dangerous to other persons, creates a hazard or could possibly damage the facility is not permitted.

Cardiovascular/ Weight Training Center Policies

The Cardiovascular/Weight Training center is a comprehensive facility that includes Life Fitness machines, a free weight area and cardiovascular machines (i.e., treadmills, lifecycles, cross-trainers, summit trainers and rowers).

1. Only current members of the Recreation Center, at least 18 years of age, or registered RIC students, who have watched the Weight Room orientation video and signed an Assumption of Risk form, are permitted to use the Cardiovascular Weight Room.

2. Sneakers are not allowed on benches or padded equipment.

3. Proper workout attire is required. Ex. Sneakers, shorts, t-shirts, work-out tights or warm ups, etc. No flip flops, boots, jeans, etc. Shirts must be worn at all times.

4. Spotters are highly recommended when lifting free weights. Use of chalk is not permitted in the Weight Room.

5. No food, drink or candy is allowed in the Fitness Center, except water or sports drinks in non-breakable sealed-top bottles. Cups of coffee/tea, soda, energy drinks, etc. that can’t be sealed are prohibited in the Fitness Center. All drinks must be in a container that can be closed to prevent spills.

6. All personal items must be stored inside cubbies. Nothing can be left around the equipment, walls or floor. Recreation Center Staff is not responsible for lost or stolen items. If all cubbies are used, then items must be stored in locker room.

7. Headphones must be used on all personal music devices and wires must be safely out of the way. Volume must be appropriate so as to not offend others.

8. Equipment must stay in the room and be returned to its proper location after use.
9. You may only complete one set per machine and no more than 30 minutes on the cardiovascular equipment if others are waiting. Please do not sit on equipment while using your phone if others are waiting to use that equipment.

10. All plates need to be re-racked when you are finished with each exercise. All dumbbells need to be re-racked and placed in order from lightest to heaviest.

11. Do not attempt to use equipment if unfamiliar with its proper use. Please ask the Cardiovascular/ Weight Training Center staff for assistance.

12. Profanity or excessively loud or suggestive language or music will not be tolerated.

13. Failure to act in a courteous and safe manner will result in being expelled from the Cardiovascular/ Weight Training Centers.

14. Personal training may only be performed by Recreation Center personnel.

15. After using equipment, you must wipe it down. Spray the cleaner on the towel/paper towels, not directly on the equipment. Please dispose of towel/paper in the appropriate receptacle.

16. Please maintain control of your weights at all times. They may not be dropped to make noise or thrown.

17. Use exercise machines and equipment only for their intended use.

18. Clearance from a physician is highly recommended before using the Cardiovascular Weight Room.

19. Deliberate failure to comply with the above policies will result in the loss of Cardiovascular/Weight area privileges.

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**Swimming Pool**

The Sandra E. Surdut pool is “L” shaped and features five 25-yard lanes for lap swimming and exercise and a 35’ x 42’ low water end for beginning swimmers and related activities.

1. No person will be allowed to use the pool unless a lifeguard is on duty.

2. No swimming will be permitted during an electrical storm. The pool will reopen 30 minutes after the storm has passed.

3. No one should enter the pool with a skin infection, abrasion, or other condition, which makes swimming inadvisable.
4. All swimmers must take a complete head to toe soap shower before entering the pool. Lifeguards are required to ask people to shower if they haven’t done so.

5. Please remove band-aids, hairpins and jewelry before entering the pool (exception: watches and wedding rings).

6. All participants must wear appropriate swimming attire. No jeans or cutoffs are allowed. Street shoes may not be worn on the pool deck.

7. Shoulder length hair must be capped or tied back.

8. Safety regulations posted in the pool area and locker rooms must be observed. Running, pushing, dunking, flips, back dives and general horseplay are prohibited. No hanging on Lane Lines or Water Basketball Rims, Nets and Backboards.

9. The only items that may be brought into the pool are clean and safe acceptable aquatic training equipment (e.g. fins, kickboards, masks and goggles). Snorkels are prohibited.

10. Glass containers, gum, candy and all food are prohibited in the pool area.

11. Children must use a Coast Guard approved flotation device which must be securely attached to the body. The children must be closely supervised by an adult who is in the pool and within arm’s reach of the child. The flotation device cannot be inflatable (i.e. water wings/swimmies).

12. Children who wish to swim in the deep end of the pool must take and pass the Deep End Test.

13. Please refer to Aquatics staff about policies regarding groups with children using the pool.

**Locker Rooms**

Both Men’s and Women’s Locker Rooms are equipped with comfortable dressing areas and showers.

1. No loitering in locker rooms at any time.

2. Please clean up all personal items when finished.

3. Individuals are responsible for their own personal belongings and valuables. Make sure that the locker is closed and the lock is secure. Please use common sense when keeping valuables in lockers.
Lockers are available at no charge, but you must provide your own lock and remove the lock when you leave. Do not leave locks on lockers overnight. Locks will be cut and items left in locker will be impounded. Items will be kept for five days then discarded.

**Equipment Checkout**

No sports equipment may be brought into the Recreation Center except personal weight belts and approved aquatic equipment.

Sports equipment may be checked out by students and members. All Recreation Center members are required to leave his/her RIC Photo ID card. Borrowed equipment must be returned after use, whereupon the individual who was issued the equipment will have his/her ID card returned.

**Lost and Found**

Articles of clothing and other personal belongings left in the Center will be kept for **five business days** before being discarded. You must see the director of the facility to claim your items. Items will **NOT** be mailed.

**Facility Closures**

The Recreation Center and/or a portion thereof may be closed or reservations canceled if conditions warrant such action (i.e. college closures, scheduled maintenance, emergency repairs, RIC Special Events, interruption of utility services, dangerous conditions etc.) In addition, scheduled hours, days of operation and temperature of the building may also be altered during semester breaks, official state holidays and other periods of time between semesters at the college, as pre-determined by availability of staff and budget. Every effort will be made to provide members with advance notification of such closings and/or alterations to standard operating procedures.

Revised 8/18