

# CAMPUS RECREATION



Updated 1/11/2021

## Evans Commons Recreation Center Spring 2021 Procedures

Hello Lions! Campus Recreation is excited to welcome you back to the Evans Commons Recreation Center for the Spring 2021 Semester. We recognize the importance of recreation and fitness and its effects on your overall health and well-being. With that in mind we are counting on YOU to read, understand, and practice the changes and new policies below.

WELCOME BACK LIONS!!!

### GENERAL INFORMATION

- The Rec Center will be open by reservation only for (1) hour sessions. Sessions will be staggered by 30 minutes to allow for cleaning in-between sessions.
  - Example: 7:00 AM-8:00 AM, 8:30 AM-9:30 AM, etc.
- Reservations will occur through the IM Leagues website or app. You can use this link to get to the website: <https://www.imleagues.com/lindenwood/registration> . If you are a new user you will need to create an account. Once you create an account you can follow the steps provided in the “How to Make a Reservation” section of this document.
- You are only allowed to make a reservation once per day. Additionally, you can only make reservations (1) week at a time. Reservations for the following week will go live at 12:00 P.M. the Thursday before.
- Operating Hours:
  - Monday – Friday 7:00 A.M. – 6:30 P.M.
  - Saturday – Sunday 10:00 A.M. – 3:30 P.M.
- Although reservations are highly recommended walk-ins are welcome to use the facility. However, they must wait 15 minutes after the start of the session to be allowed entry.
- Users with a reservation who are late greater than 15 minutes run the risk of losing their reservation spot to a walk-in.
- The Rec Center will be capped at 12 users per hour. You may notice at times that our courts are being utilized by more than 12 people. This is because we are still accommodating academic classes and athletic practices when applicable.
- Face coverings will be required to enter the facility, navigating the facility (i.e. changing machines, refilling water bottle, etc.), and exiting the facility. The face covering may be removed while performing vigorous exercise, but must be worn as soon as the exercise is completed. Campus Recreation does not consider walking vigorous exercise. Please make sure to properly wear your face covering. This will be strictly enforced and violations could result in immediate loss of access to the Campus Recreation Center for the rest of the semester.

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- Group Exercise Studio, and X-Fit Room will be closed until further notice.
- Locker rooms will be available for restrooms only. Locker and shower areas are closed.
- Water fountains are closed. Bottle re-fill station located by locker rooms will remain open.
- Please adhere to all posted signage in the Rec Center.

## **Entry/Exit and Check-In**

- All users will enter through the front doors of the Rec Center.
- The (12) users with reservations will stage in the entry foyer and stairs outside of the Rec Center front doors. Locations will be marked with an X or LU Lion floor decal.
- Users will receive temperature screening by employee upon entry.
- Users with a temperature at or above 100.4 will be refused entry and will be directed to return to their residence and contact the Student Health Center or Lindenwood HR.
- Please only bring essential items to the Rec Center.
  - Phone, Wallet/Purse, Keys, Water Bottle, Headphones.
  - Storage containers will be available for guests to place items. These will be disinfected after each time block.
- All users will exit through the North Emergency Exit Stairwell in Rec Center.

## **Fitness Area**

- Large fitness equipment has been moved or disabled to promote distancing where applicable.
- Smaller pieces of equipment and harder to clean items have been removed from the fitness area.
- Users will be required to wipe down equipment after each use.
- No spotting is permitted during this time.

## **Court Information**

- Basketball courts will be open for use but a reservation is required.
- (2) Users allowed on a basketball half-court at one time. Max of 4 people on full court
  - 1 User on Half Court = No Mask Required
  - 2 Users on Half Court = Masks Required
  - No competitive play at this time.
- Most court benches are closed. Some court benches are open and have designated seating areas and places to store belongings. Please do not store items in cubbies below the benches.

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## Third Floor Track

- No more than 5 users on the Track at one time.
- Masks required when user is not able to maintain social distancing.
- No access to the Rec Center from the Track.
- Third Floor Track Hours coincide with Rec Center Hours.

## Multi-Purpose Court/Auxiliary Training Area

- The MP Court has been re-purposed into an auxiliary training area for both general students and athletic teams.
- The area is reserved exclusively for general students during the below hours:
  - Monday – Friday 7:00 A.M. – 3:30 P.M.
  - Saturdays 10:00 A.M. – 3:30 P.M.
  - Sundays 10:00 A.M. – 3:30 P.M.
- The area is reserved exclusively for athletic teams during the below hours:
  - Monday – Friday 3:30 P.M. – 6:30 P.M.
- All Recreation Center COVID-19 policies apply for this area.

## Outdoor Spaces

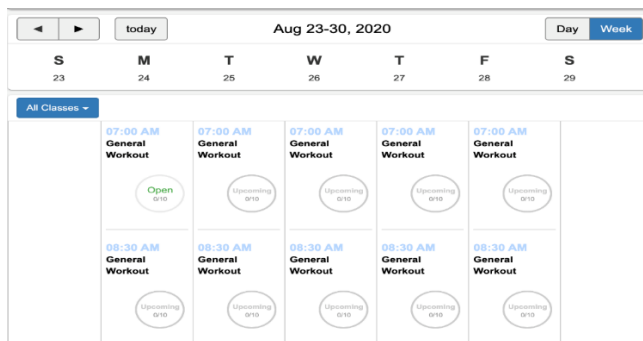
- The Sand Volleyball Courts and Pickleball Courts are open for use.
- Sand Volleyball Court Rules:
  - No more than 4 users per court. 8 user's maximum for both courts.
  - Masks are required at all times for participants and spectators.
- Pickleball Court Rules:
  - No more than 4 users per court.
  - Please maintain social distancing while on courts
  - Masks are required at all times for participants and spectators.

## How to Make a Reservation

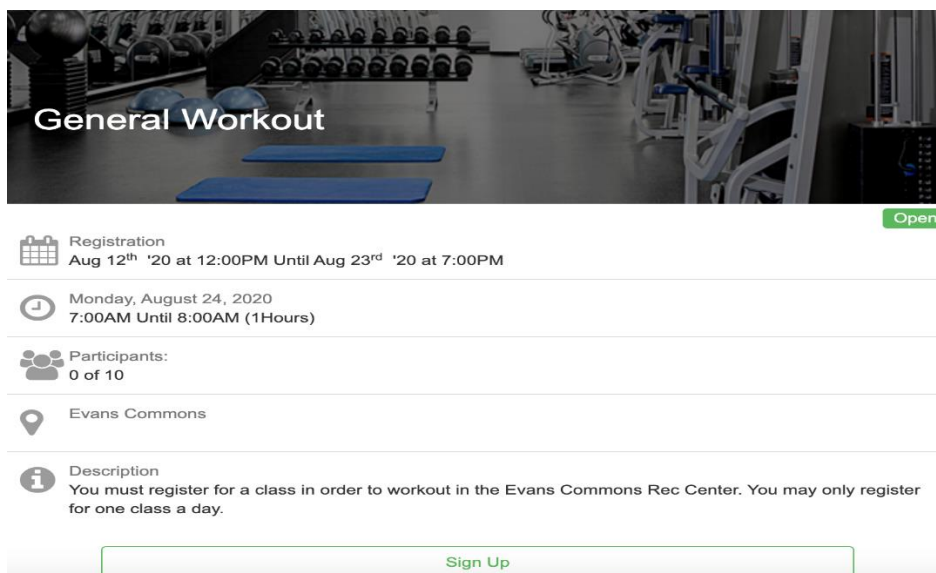
1. Once you are logged into IM Leagues select "Group Exercise"



2. Scroll through the calendar to the week of classes you are registering for. Select "Week" to have the calendar appear like below



3. Select the class you want to register for and you will be taken to this screen



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4. Click on “Sign up” and you will then be taken to this screen

### Waiver

Please ensure you scroll through and read the entire Publisher Service Agreement in the window below and click 'Accept' in order to agree to the terms of the Agreement and continue with the application.

I am aware that participating in intramurals or other recreational athletic activities involves several inherent risks of physical injury, and I voluntarily assume full responsibility for any risks of loss, property damage or personal injury, including death, that may be sustained by me as a result in participating in the intramural or recreational activity, including injuries sustained as a result of the negligence and/or future negligence, unless specifically exempted herein, of Lindenwood University, its duly authorized agents, servants and employees. In \_\_\_\_\_

By checking this box I indicate I have read, understand, acknowledge and accept the above Waiver/Agreement.

### Session

Please Enter Student ID

Send Session Reminders

5. Once you are at this screen agree to the waiver, enter your ID number (for faculty/staff just use the number on your LU ID), and then select if you would like a session reminder.