



## **Evans Commons Rec Center Rules and Regulations**

In order to provide an enjoyable experience for everyone, we ask that all patrons demonstrate respect for others by adhering to all policies and caring for the equipment and facility. Members and guests should familiarize themselves with the rules and regulations as posted within the Evans Commons Rec Center or posted on our website. Verbal instructions from staff are for the safety and comfort of all patrons and must be followed at all times.

### **Rec Center Membership Requirements**

- All currently enrolled Lindenwood students, faculty, and staff are granted membership to the Evans Commons Rec Center. Members must present their Lindenwood ID or a photo ID and proof of enrollment via Canvas or Anthology to enter the Rec Center and Track. They must have their ID on them at all times while using the facility.
- Guests of Lindenwood University faculty, staff, students, and alumni may use the Rec Center for a fee of \$5 per day. Guests must present a photo ID and must be accompanied by a Lindenwood alumnus, student, faculty, or staff member who will be responsible for the actions of his/her guest while using the Rec Center.
  - Only one guest per Lindenwood University faculty, staff, student, and alumnus is allowed.
- Spouses and children of students, faculty, and staff must also pay the \$5 per day fee.
- Guests of alumni must always be at least 18 years old and pay the \$5 per day fee.
- Alumni are able to purchase a membership for \$25/Month or \$250 for the year.
- No one under the age of 12 may be in the facility, except during camps, special events, or Family Days (where they must be accompanied by an adult).
- Faculty and Staff Family Days
  - Faculty and staff may bring their immediate family to the Rec Center free of charge and with no age restrictions on Saturdays and Sundays from 11 a.m.-4 p.m.
  - Family members must sign an annual waiver.
  - Children under the age of 15 may only utilize the courts and the track.
  - Children must be accompanied by a parent at all times.

### **Hours of Operation/Closures**

- Hours of operation during the fall and spring semester: Monday-Friday (6 a.m.-9 p.m.) and Saturday-Sunday (11 a.m.-4 p.m.). During the summer semester and during breaks, hours are typically reduced.
- The Rec Center may be closed and/or reservations canceled when warranted.
- Hours of operation are subject to change, please follow the lindenrec Instagram and Facebook page for up-to-date hours and closings.

## **General Policies**

- Equipment is available for checkout on a daily basis at the Front Desk or Fitness Desk. A photo ID or a personal item is needed in exchange for equipment and all items must be returned the same day to avoid charges.
- No food or drink allowed in the Rec Center, with the exception of water or sports drinks which must be in a container with a sealed lid.
- Proper attire must be worn at all times.
  - Patrons are required to wear athletic or workout/gym attire in the facility. Jeans and clothes with rivets, buttons, and hard seams are not allowed.
- Closed-toed athletic shoes are required at all times; open-toed shoes are not allowed at any time.
  - Shoes that are not allowed: Crocs, slippers, sandals, Hey Dudes, ugg boots
- All people using radios, phones, cd players, iPods, etc., to listen to music must wear headphones.
- All accidents and all equipment issues must be reported to the Evans Commons Staff.
- Alcohol, drugs, tobacco products, and electronic smoking devices are not permitted.
- Weapons of any kind are prohibited.
- Video recording/photography with any device is not allowed unless approved by Campus Recreation staff. Unapproved recording/taking pictures may result in loss of privileges to the Rec Center.
- Activities deemed unsafe by Campus Recreation Staff and not specifically mentioned in the policies will be addressed upon occurring. The Campus Recreation staff has the right to stop unsafe activity in the facility and expulsion or suspension of membership may follow if ignored.

## **Code of Conduct**

We are committed to creating a safe, comfortable, and enjoyable experience for patrons. The staff will proactively intervene to support an environment where all members and guests can enjoy the facilities and programs free from the following behaviors.

- Foul/abusive language, fighting, taunting, or threatening/ obscene remarks or gestures
- Signs of impairment related to alcohol consumption or illegal drug use
- Spitting
- Horseplay posing safety risks to participants or others
- Mistreating of equipment, including dunking on the courts
- Any disruption to the progress of a sanctioned activity
- Obtaining entrance under false pretense

**Failure to follow any rules and policies of the facility is subject to removal of the facility by Public Safety.**

## **Personal Items**

- Locker rooms are available for student and member use on a daily basis at no charge. Individuals must provide their own locks and empty the locker each day. Overnight storage is not available. Locks will be removed if left overnight.
- Do not leave items unattended in the Rec Center. Lindenwood University is not responsible for lost or stolen items.
  - All recorded lost and found items are saved and stored at the Front Desk.

## **Emergencies & Evacuation Procedures**

- In the event of severe weather or other emergencies, members and guests may be directed to designated shelter areas within the Rec Center.
- In the event of a serious emergency, please see the University evacuation policies posted at the main entrance of Evans Commons. Please follow all instructions given by the staff.

### **Entrance/Exit**

- The Evans Commons Rec Center is a single entrance and exit facility. Other exits are for emergency use only and are monitored by cameras. Exiting or entering through any emergency exit could result in loss of privileges.

### **Fitness Area/Equipment Policies**

- Please wipe down equipment after each use.
- Closed-toed athletic shoes are required at all times; open-toed shoes are not allowed at any time.
  - Shoes that are not allowed: Crocs, slippers, sandals, Hey Dudes, ugg boots
- Shirts must be worn at all times.
- Please re-rack all weight plates, dumbbells, and barbells after usage.
- No dropping weight plates, dumbbells, or barbells at any time

### **X-Fit Room**

- All guests to the Rec Center are able to use the X-Fit room. Campus Recreation staff highly recommends being comfortable in an advanced fitness training environment before using the room.
- No one is allowed to enter the X-Fit room during scheduled group exercise classes unless they are attending the class at that time.

### **Group Exercise Room**

- The Group Exercise Room is only available for use when no classes are being taught. Use of the sound system is prohibited and groups larger than 5 need to be an approved group exercise class and/or special event.

### **Removal from The Evans Commons Rec Center or Intramural Sports Programs**

- We reserve the right to refuse entry or eject anyone whose behavior is unruly, unsafe, or illegal in nature. Public Safety will be notified and will remove members from the facility if needed. Membership privileges could be revoked without a refund and the individuals will be escorted from the facility. Length of suspension will vary based upon the severity of situation.