



## STARK

### Recreation & Wellness

#### POLICIES & PROCEDURES

##### General

- All users are required to complete the following paperwork: Membership Information Sheet, Orientation Quiz, Policies and Procedures form and Release and Waiver of Liability and Indemnity form.
- Users must also have a complete account on EZ Facility.
- All Participants, including Academic participants, must complete the membership paper paperwork in order to be eligible to use the facility. This means that they must have complete paperwork prior to the 1<sup>st</sup> class meeting.
- A signed physician's clearance may need to be on file for participants who meet certain ACSM coronary artery disease risk thresholds.
- All participants must check in at the front desk each time they enter the facility by swiping their flash card at the computer terminal located on the top of the counter.
- Use of this facility and the equipment herein is only **recommended** after a complete orientation and training session with a staff member. Appointments can be made individually, or group sessions will be held at various times/days during the semester. Call Stacie M Humm to register at (330) 244-3391.
- Physical Activity, Wellness and Sport and Dance, Exercise Science and Dance classes will have priority over other users and events scheduled at the Recreation & Wellness Center.
- All injuries must be reported to staff immediately. An incident report will be filled out and a determination will be made as to further care or assistance. Kent State University at Stark is not responsible for avoidable injuries or accidents that may occur during recreation hours or participation in other recreational activities.
- Recreation & Wellness Center Staff has the right to ask you to leave at any time if you are not following policy. If you resist, security will remove you.
- Use of a lock is strongly recommended. All locks must be removed immediately after use of facility. No permanent lockers are available for storage or overnight use. Kent State University at Stark is not responsible for lost or stolen items.

##### Facility Access

- The Recreation & Wellness Center is open to the following:
  - Kent State University Students currently enrolled at the **Stark Campus** (*no dependents*)
  - Current KSU Faculty, Staff, & Administrators

##### Rules & Regulations

- All participants must adhere to the Flash's Safe 7 policies while in the Recreation & Wellness Center:
  - Always wear your face covering.
  - Wash your hands frequently.
  - Clean and Sanitize
  - Stay at least 6 feet apart.
  - Monitor your health daily.
  - Have questions? Reach out.
  - Flashes take care of Flashes.
- Face coverings are required in the Recreation & Wellness Center AT ALL TIMES.
- Athletic attire is required. T-shirts, shorts, sweats, and athletic shoes appropriate for the activity are recommended. No work boots, flip flops, leotards, blue jeans, khaki's, mid-drifts, sleeveless shirts or tank tops allowed in the open recreation areas.

- Street shoes are not permitted. Clean, closed toe, non-marking athletic footwear must be worn at all times.
- All personal belongings must be kept in the locker room or in the cubby spaces under the benches.
- The following are prohibited in the Recreation & Wellness Center and may result in immediate removal from the facility:
  - Entering/ interrupting scheduled classes
  - No personal music devices such as phones or computers are to be played allowed in common areas. Please use headphones.
  - Bouncing balls against the walls
  - Children under the age of 16
  - Spitting on the floor or in the fountains
  - Horseplay and foul language of any kind
  - Inappropriate use of the equipment or facility in any way which may result in risk, injury, or harm to participants or others
- To ensure proper hygiene, we suggest participants wipe off each machine before/after use. Spray bottles and paper towels are available in all areas of the facility. *Please spray paper towel, do not spray solution directly on machines.*
- Cardio and weight machines will be sanitized after use by Recreation & Wellness Center staff. After use of a machine, please place a red card face up on the machine indicating USED. Machines with GREEN cards are sanitized and ready for use.
- Return free weights, barbells, and dumbbells to the USED EQUIPMENT area after use.
- During peak/ busy times, a 30-minute time limit may be imposed on all cardiovascular equipment.
- Use of collars and proper, safe lifting techniques are required to ensure safety and prevent the possibility of injury or harm to participants while using plate loaded equipment such as the bench press.
- No dropping of weights is permitted. No banging of the weight machines or free weights is allowed.
- No chalk, use of additional devices or personal equipment (except yoga mats) is not permitted.
- No adjusting radio or television volume or channels or fan speeds.

**EXERCISE AT YOUR OWN RISK. Note:** An exercise program should be started with gradual increases to frequency, intensity, time and type of activity. By entering this facility, you acknowledge and fully assume the risks associated with exercise of your choice and your use of this facility and further agree to indemnify and hold Kent State University, its Board of Trustees, employees, agents and officers harmless for any and all direct, indirect, special or consequential damages, or costs, legal and otherwise, which may occur as a result of such use. All participants are strongly encouraged to have an evaluation by your physician prior to engaging in physical or strenuous activity.

**I HAVE READ THIS RELEASE & UNDERSTAND THIS IS MY FIRST WARNING OF POLICY CHANGE**

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Signature of Applicant \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

**For students under the age of 18**

As a parent/guardian on behalf of the above-named minor, I have read the above terms of this Agreement, and I understand and agree to the terms and conditions stated herein. This Agreement/Release shall be binding upon the heirs, administrators, executors, and assigns of the undersigned. I further agree to indemnify Kent State University, its agents, officers and employees against any action brought against KSU by the above-named Participant, including but not limited to an action brought by him or her upon reaching the age of majority. I warrant that I am authorized to execute this Agreement and Release on behalf of the above-named minor.

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Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_