POLICIES AND PROCEDURES MANUAL

Facility Information

Student Recreation Center

- Location: 51 Jaguar Blvd, at the corner of Old Shell Road and Jaguar Blvd
- Building Opening: 2010
- Square Footage: 116,000 square ft

Amenities and Spaces

Lower Level, North (Pool) Side

- Locker Rooms
  - Sauna
  - Faculty/Staff locker room
  - Gender-neutral/family room
  - Showers
  - Toilets
  - Lockers
  - Suitemate spinners
- Indoor Pool
  - 6 lanes, 25 yds.
  - Walk-in entry
- Outdoor Pool
  - Outdoor patio
  - Tables and chairs
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- Billiards table

Upper Level

- Fitness Studio 1
- Fitness Studio 2
- Indoor Cycling Studio
- Indoor track
- Restrooms
  - Men's multi-stall
  - Women's multi-stall
- Weight room
- Fitness offices
- Stretching space

Outdoor Facilities:

Glenn Sebastian Nature Trail

- Location: Aubrey Green Drive
- Acreage: 95

Rules

- Take nothing but pictures, leave nothing but footprints, kill nothing but time!
- Pets are allowed on the trail and leashes are mandatory. Please clean up after your pets.
- Littering is prohibited on the trail.
- Consumption of alcohol is prohibited on the USA Campus, including the trail.
- Please do not disturb any wildlife you may encounter.

Safety

- Be aware of alligators and snakes.
- Consumption of plants and fungi is at your own risk. Be advised that some species of berries and fungi may be toxic. Toxic fungi cannot always be identified based on appearance alone.
- Watch where you walk as trip hazards may present themselves at any time.
- Report any trail hazard to Campus Recreation and Wellness at rsvc@southalabama.edu

USA Mountain Biking Trails 0 Tc 0 Tw 6 (k)-2.6 Tw 6 (kin)-1 ( )(at)7.9 (i) 5Tng. Í3 -2.04[(s)-1.Lo oino-r

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Alumni: Any USA graduate who has registered with the USA Alumni Association and is a paying member of the group. Unavailable to Associate :83 (t)7.9 (o)-f Alumni

Registering for a program

Online registration is required for most programs through the Campus Recreation. Some program offerings require in person registration and/or pre-program meetings.

Program/Services Cancelation & Refunds

- Program fee cancellations and refunds vary. See specific program policies.
- Fees may be non-transferable from member to member. See specific program policies.
- Campus Recreation and Wellness reserves the right to cancel, postpone or change inst

14. Food, non-water beverages, protein shakes, supplements, etc. must be consumed in the smoothie bar area or on the back deck.
15. Lost and Found items can be claimed at the front desk or in the Assistant Director of Facilities' office.
16. All injuries should be reported immediately to a Campus Recreation and Wellness Staff Member. If a blood-related injury occurs, the injured person should stop activity immediately and notify Campus Recreation and Wellness Staff.
17. Campus Recreation and Wellness Staff have the right to prohibit any outside fitness equipment.
18. Outside vendors including non-USA personal trainers are prohibited from conducting business in any Department of Campus Recreation and Wellness facility.
19. Members, guests and participants in any Campus Recreation and Wellness program, facility or

3. Patrons using the soccer court for basketball will have to yield to players starting a full court game.
4. Full court games will be limited to 5 goals or 15 minutes, whichever occurs first. Ties will be broken by sudden death. Next goal will win the game.
5. If other teams are waiting, all teams will need to set up a bracket or play winners.

Pickleball

1. No volleying in "the kitchen".
2. There must be one bounce per side.
3. You must serve at the baseline.
4. Serves cannot land in the non-volley zone.
5. The game ends at 11, 15, or 21 points.

Badminton

1. A match consists of the best of three games of 21 points.
2. The player/pair

3. Shirts are required in all areas of the facility. Shirts vs. Skins games are not allowed.
4. If multiple teams are waiting, games are played to 15 points. 2-point baskets will count as 1 point and 3-point baskets will count as 2 points.
5. Teams cannot play more than three consecutive games if other teams are waiting.
6.

Cardio and Weight Equipment

1. Participants must be 12 years of age or older to utilize the cardio machines. Participants must be 14 years of age or older to utilize the weight machines and functional training areas. All dependents aged 12-15 must have direct parental supervision.
2. Pants or shorts with embellishments are prohibited on pads of the fitness equipment. Clothing that sends profane, inflammatory or bigoted messages is also prohibited.
3. Closed-toe, full back, athletic shoes with non-marking soles are required while using all cardio and weight equipment. No bare feet, heels, flip-flops, slides, or any other non-fitness shoe is allowed.
4. Water is permitted in non-breakable, closed containers only. Food, protein shakes or any other flavored/colored drinks are prohibited in the workout areas and must be consumed in the smoothie bar area or back deck.
5. Please follow all safety precautions posted on fitness equipment.
6. Fitness equipment must remain in the cardio and weight equipment areas. Participants are prohibited from removing equipment and using it in other areas of the Student Recreation Center.
7. Participants are required to wipe off equipment after each use. Please spray the cleaning solution onto the cleaning towel and not directly onto equipment.
8. Limit use of cardiovascular equipment to 30 minutes if others are waiting on the cardio equipment.

6. Stretching is allowed in designated areas only. Do not stretch on track or use walls, railings, or door handles as stretching aids.
7. Participants are not permitted to spit on the floors, walls, or water fountains.
8.

2. Fitness Studio 2 may be reserved for personal or group activities when not in use by SouthFit. Use of the stereo is allowed. Members may use the microphone and equipment in the studios and fitness storage areas for $25/hour with prior approval by the Campus Recreation and Wellness staff.
3. Campus Recreation and Wellness is not responsible for any lost or stolen articles. We suggest putting valuables in a locker.
4. The use of tape or other marking materials is prohibited on the wood flooring of the fitness studios.
5. No food is allowed in the studios. Water in a resealable container is allowed.

Kickboxing Equipment

1. Heavy bags, speed bags, and a double end bag are available in the downstairs functional training area.
2. Athletic shoes and gloves/wraps are required to use the equipment. No bare feet kicking the bags. No bare hands punching the bags. Members who do not comply with this health policy will be asked to leave and/or have SR-20.iTd ((le)-3 gf)13.5 (e)-3 (s)-1-4 (are)783 (v)5.4 loked

Racquetball Courts

1. Clean, non-marking, full-back athletic shoes are required. Any shoe that marks the court surface is prohibited.
2. The use of tape or other marking materials is prohibited on the surface or walls of the courts.
3. Participants are always required to wear a shirt/top .
4. Racquet frame must have a protective guard, and a wrist strap is encouraged.
5. Soccer balls, baseballs, softballs, footballs, etc. are prohibited in racquetball courts.
6. Eye protection is highly encouraged.
7. No more than four participants on the court at one time.
8. Report all problems to Campus Recreation and Wellness Staff.

Table Tennis

1. All tables are first come, first serve. Limit playing tio fir2.3 (la)16 >-2g6(.)1 (0)-0. 6 (fir2(l)-3.2 (y0.8 (a)-