

LYCOMING COLLEGE RECREATION CENTER and LAMADE GYMNASIUM POLICIES AND PROCEDURES

Lycoming College's purpose is to provide a quality liberal arts education in a residential setting. The College is home to almost 1500 students and is also an employer of nearly 350 faculty, staff and administrators. In support of the mission of Lycoming College, Campus Recreation offers the College community recreational and educational opportunities that teach the values of wellness of mind, body and spirit. Campus Recreation enhances the collegiate experience, fosters personal and professional development, and provides opportunities for cultural and social interaction.

Facility Access

Upon entering the facility, all patrons are required to check in at the Front Desk and must show Lycoming College ID in order to gain entrance to the facility. Those groups allowed access to the facility include: current students, faculty/staff and their dependents, retired faculty/staff, members of the Board of Trustees and their dependents, and such temporary users as visiting professors, consultants, and other overnight guests on official college business.

Individuals will be permitted to use the fitness facilities (cardio room, weight room) or the recreational facilities only during official hours of operation when supervision is present. Teams will be permitted to use facilities with supervision of coaches at hours other than official hours of operation.

1. All patrons must present a valid Lycoming College ID or temporary use pass issued by the Director of Recreation to gain admittance.
2. All entry and exit is through the main door at the end of College Place. Use of any other exterior door is prohibited and will activate alarm system.
3. False or altered identification cards will be confiscated.
4. If an ID is lost or stolen, another one may be purchased at the Office of Safety and Security.

Guests

1. Guests are permitted only on an occasional basis and only when accompanied by a student. Regular use (more than once each week) is prohibited.
2. Students may bring in 2 guests to the facility. They will sign in at the Front Desk. The student is responsible for their guests.
3. Guests will not be permitted to participate in Intramural Sports or Special Events, unless otherwise noted.
 - a. There may be open house events each semester where guests invited by the College are permitted to use the facilities.

Responsibilities of Patrons

While inside of the Recreation Center, patrons have the responsibility to:

1. Read, understand, and abide by all policies and regulations of the Recreation Center.
2. Respond to and cooperate with the Recreation Center staff. Cooperation in responding to reasonable requests is expected.

3. Treat other patrons and Recreation Center staff members with consideration and respect their individual rights.
4. Take responsibility for personal and community security. For example, patrons should not misuse safety equipment, prop open doors, allow individuals who are not guests into the Recreation Center, etc.
5. Recognize that recreation facilities and their furnishings are used by everyone and that abuse of those areas violates the rights of others.

Assumption of Risk

Individuals assume a risk of injury or even death while voluntarily electing to participate in physical activity. All participants are strongly encouraged to have a health evaluation; to consult with their personal physician to determine appropriate fitness level; to use good judgment concerning their ability to participate and appropriate level of their participation and to carry medical insurance coverage. Lycoming College DOES NOT carry insurance to cover patrons.

Dependents between the ages of 0-16 must have a parent with them at all times in the facility. No one under the age of 16 is allowed in the Fitness Center or Weight Room.

General Facility Rules and Regulations

All levels of play are welcome. All patrons play at their own risk.

1. Blocking or restriction of emergency exits is prohibited.
2. No glass of any kind is allowed in the Recreation Center.
3. Emergency telephones and exits located throughout the facility are for emergency use only. Unauthorized use of emergency exits or telephones will result in disciplinary action.
4. Tobacco use is not permitted in the Recreation Center.
5. Patrons may not bring furniture and coolers into the facility.
6. All equipment should be returned to the Front Desk.
7. Patrons under the influence of alcohol or drugs will be asked to leave the facility and may have their privileges suspended.
8. Any unsafe conditions or damaged equipment should be reported to the facility staff and play or patron use in the unsafe area should be discontinued until the unsafe condition can be addressed or equipment repaired.
9. Food and beverage are not permitted in any activity area with the exception of plastic water bottles.
10. Personal trainers, fitness consultants or other service providers other than Lycoming College Athletic Trainer and coaches are NOT permitted to provide services, or solicit and conduct business in the Recreation Center.
11. Use of bicycles, skateboards, roller skates or roller blades is PROHIBITED in the Recreation Center.
12. Students should note that violation of Recreation Center regulations may result in disciplinary action through the provisions of the Student Code of Conduct.

General Play/Sportsmanship

Good sportsmanship is required of all players. Good sportsmanship is defined as:

1. Fair play.

2. Mutual respect.
3. Taking responsibility for your actions.
4. No abusive language or profanity.
5. No fighting or spitting.
6. No abuse of players, spectators, facilities or equipment.

Spectators and non-playing participants should remain clear of the activity area and surrounding safety zones. For safety reasons, players may not warm up or otherwise occupy the activity area, sidelines or “off-end” of a court while activity is underway. Clothing, balls, bags and other equipment not being used for play should be stored off of the floor and away from the play or activity area. The Recreation Center assumes no responsibility for lost or stolen articles.

Attire

All individuals using the Recreation Center must wear appropriate attire.

1. Turf shoes and cleats are NOT allowed in the Recreation Center. Hard-soled shoes, or shoes leaving marks will NOT be allowed in any activity area.
2. Only closed-toe athletic shoes, with non-marking soles, are allowed in the activity areas. This means no sandals or flip flops while in the Fitness Center, Weight Room and other Recreation Center activity areas.

General Guidelines for Reserving Courts in the Recreation Center

Volleyball and tennis courts will be set up during established times for people to play. Reservations for volleyball or tennis may be made up to 24 hours in advance of the designated play times. Only one daily reservation will be accepted per person, per day in 1 hour increments. Reservations may be made by: current students, current and retired faculty/staff, members of the Board of Trustees. The patron who has made the reservation must claim the court in person, at the Front Desk within 10 minutes of the reservation time. Vacant courts may be claimed 10 minutes past the reservation time.

Times for Volleyball:

Tuesday and Thursday 3:00pm-6:00pm

Times for Tennis:

Monday, Wednesday, Friday 3:00pm-6:00pm

Signage

All announcements must follow the official College policy on posting flyers and other printed material (see p. 31 of the Student Policy Manual). No advertisements for personal items will be posted in the Recreation Center.

Hours of Operation

FALL/SPRING SEMESTER

Monday – Thursday	7:00am-11:00pm
Friday	7:00am-9:00pm
Saturday	10:00am-7:00pm
Sunday	12:00pm-11:00pm

Facility Closures

The Recreation Center may be open for limited hours during the breaks. Efforts will be made to inform patrons of the facility closing in advance, and can be checked on the website.

