

LYCOMING COLLEGE KEIPER 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 (and spouse), members of the Board of Trustees and their dependents, and temporary users such as visiting professors, consultants, and other overnight guests on official college business. Individuals will be permitted to use the fitness center and weight room as well as the recreational facilities only during official hours of operation when the supervision of the Recreation Staff is present. Varsity athletic teams will be permitted to use facilities at hours other than official hours of operation only with supervision of coaches. Varsity teams requesting to use the Recreation Center during hours of operation will follow policies on Recreation Center – Varsity Athletic Usage.

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.
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 an individual(s) who have facility access. 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.
 - a. Guests accompanied by a student must be at least 16 years of age.
 - b. Students may bring 2 guests under the age of 16 under special circumstances, i.e. Big Brothers Big Sisters.

- The non-dependents under the age of 16 must be supervised at all times by the student and are not permitted to use the Fitness Center (Cardio Room) and Weight Room.
- c. All other patrons granted access are not limited to 2 guests.
- 3. Guests will not be permitted to participate in Intramural sports or special events.
 - a. However, guests of students present for special college events on campus will be considered when applicable.

Temporary Passes

Temporary passes are issued by the Director of Recreation. Temporary passes will be given out to visiting professors, consultants, and other overnight guests on official college business. Those individuals will be allowed to use the Recreation facility including the Fitness Center and Weight Room during official hours of operation when the supervision of the Recreation Staff is present. All other hours are prohibited. Please make efforts for these requests at least 7 days in advance.

Responsibilities of Patrons

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

1. Read, understand and abide by all policies and regulations of the Keiper Recreation Center.
2. Respond to and cooperate with the Keiper Recreation Center staff. Cooperation in responding to reasonable requests.
3. Treat other patrons and Keiper 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 Keiper 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. At no point should the dependent be supervised by anyone else besides the parent. No one under the age of 16 is allowed in the Fitness Center or Weight Room.

General Facility Rules and Regulations

-Regarding Recreational use only

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

1. Blocking or restriction of emergency exits is prohibited.

2. Emergency telephones and exits located throughout the facility are for emergency use only. Unauthorized use of emergency exits or telephones may result in disciplinary action.
3. Tobacco use is not permitted in the Keiper Recreation Center by all patrons.
4. Patrons may not bring alcohol into the facility.
5. Patrons using the Keiper Recreation Center for its sole purpose of Recreation shall not be under the influence of alcohol or drugs.
6. Patrons visibly under the influence of alcohol/drugs and are disruptive to the other patrons will be asked to leave the facility. Privileges may be suspended thereafter.
7. 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.
8. All equipment should be returned to the Front Desk.
9. Personal trainers, fitness consultants or other non-contracted service providers other than Lycoming College Athletic Trainer and Coaches are NOT permitted to provide services, or solicit and conduct business in the Keiper Recreation Center.
10. Use of bicycles, skateboards, roller skates or roller blades is prohibited inside the Keiper Recreation Center.
11. Students should note that violation of Keiper 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/accountability 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.
7. 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 Keiper Recreation Center assumes no responsibility for lost or stolen articles.

Attire

All individuals using the Keiper Recreation Center must wear appropriate attire.

1. Turf shoes and cleats are NOT allowed in the Keiper Recreation Center. Hard-soled shoes or shoes leaving marks will NOT be allowed in any activity area.
2. While in play/use, 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 Keiper 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

Posting or Distribution of Flyers, Brochures or other Printed Material

To protect property, individuals posting said materials must adhere to the following guidelines: (as stated in the Student Handbook)

- Materials should be posted on bulletin boards and must not be posted on painted wall surfaces or other places where damage can occur;
- Materials are not to be posted using adhesives (such as duct tape, glue, clear packing tape, etc.) that will damage bulletin boards or other surfaces.
- Materials must be posted in places where access will not be obstructed(e.g., not on glass doorway panels of fire doors)

Recreation Center Hours of Operation

Fall/Spring Semester

Monday - Thursday	7:00AM - 11:00PM
Friday	7:00AM - 9:00PM
Saturday	12:00PM - 9:00PM
Sunday	12:00PM - 9:00PM

Facility Closures

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