STEP UP!
Health, Wellness & Safety for Transfer Orientation

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Vice President for Health and Wellness

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Director of Student Health Services

Kevin George
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Rowan University

Department of Public Safety
Office of Emergency Management

Dually Accredited Agency (CALEA & IACLEA)
University Police Services Section
Campus Security Services Section
Communications Center Services
Parking Management Services
Rowan University

Office of Emergency Management

The Office of Emergency Management is committed to the health, safety and welfare of the Rowan community

- Support of health, safety and basic care services
- Protection of University assets/Cost Recovery
- Assessment of campus damage/Restoration of campus operations
- Strategic Partnerships
- Emergency Operations Plan

www.rowan.edu/emergency
Clery Act Mandates

- Daily Crime Log records criminal incidents and alleged criminal incidents that are reported to the University’s Department of Public Safety.
- Daily Fire Log records all reported fires in on-campus student housing facilities.

http://sites.www.rowan.edu/publicsafety
Clery Act Mandates

- Reporting of all incidents important
- Domestic Violence, Dating Violence, Sexual Assault and Stalking is considered prohibited conduct by the University and under NJ law.
- Definitions of these found in the Annual Security Report and Title IX webpage
- Definition of “consent” is covered
- How to report these incidents
Clery Act Mandates

- Domestic Violence, Dating Violence, Sexual Assault and Stalking resources and prevention information including safe and positive options for Bystander intervention and information on Risk Reduction
- Found in ASR
- Webpages: Title IX, Student Life, Public Safety
Rowan Alert

- Register for Rowan Alert
- Go to http://www.rowan.edu/safety
- Tab to Rowan Alert and follow the registration instructions
- Parents can receive text/email alerts if added by their student
- Guest/Parent text access - text ROWANALERT to 226787
- Gloucester and Camden County Alert System
Employ Common Sense

- Walk in groups when going to or from events
- Stay on sidewalks – avoid dark or isolated areas
- Trust your instincts – if you feel something is wrong, act accordingly
- Protect your personal belongings – Theft of unattended property is the number one preventable criminal act on campus
Alcohol Awareness

- You can substantially decrease your chances of victimization by remaining sober – avoid being impaired

- If you plan on drinking designate someone in your group to stay sober

- Set up a signal with friends to alert them that you need assistance
Emergency Communications

- “Call 24” emergency telephones – 104 total
- 911 can be dialed directly from
- any campus phone
- Detailed maps added to county 911 system
Shuttle/Walking Escort Service

• The Glassboro campus shuttle service operates from 7am to 1am during the academic year
  ● Shuttle Service has a designated route on campus and in Glassboro
  ● Walking escorts can be provide upon your student’s request

• Dial 856-256-4922 for Walking Escort
Report Suspicious Activity

• Report suspicious persons or activities by calling Public Safety at extension 64922 or 856-256-4922.

Emergency? Dial 9-1-1
It’s in Your Interest

● Make it your responsibility to report unsafe conditions – examples: lights out, emergency phone malfunctions or exposed wires
● Don’t assume someone else will report it
● Read all messages from Public Safety
● This is your campus – protect yourself and your fellow students
The Wellness Center
A Department of RowanMedicine

Counseling and Psychological Services
Student Health Services
Healthy Campus INitiatives
Emergency Medical Services
Counseling and Psychological Services

David Rubenstein, Psy.D

Vice President for Health and Wellness
What you should know…

1. What kind of issues affect young adults and families adjusting to college life?

2. What is the prevalence of mental health issues affecting college students?

3. What are the resources that are available to you and your family?
Issues

- Leaving family and friends and a familiar routine
- Independent living
- Making new friends
- Academic challenges
- Coping with new and challenging experiences
- College years are when many mental illnesses first emerge
On College Campuses...

- Depression, anxiety, substance abuse, eating disorders, insomnia, and ADHD are common

- **Nationally**: at some point in last 12 months...
  - 86% felt overwhelmed
  - 46% felt hopeless
  - 59% felt lonely

(ACHA, 2014)
The Resources

Counseling and Psychological Services and Healthy Campus Initiatives
The Wellness Center, 201 Mullica Hill Rd., Glassboro

Mental Health

- Walk-In Triage and Emergency Evaluations
- Groups, Workshops, and Individual Mental Health Counseling
  (Limited and Session Limits Apply for Some Services), Case Management Referral Services
- Psychiatric Services for Students Enrolled in Counseling
- “Let’s Talk” - Brief Solution Focused Sessions
- Student Support Groups through Healthy Campus Initiatives
The Resources

24 hour On-Call Counselor Available:

- Business Hours: Wellness Center
- Off-hours: Protocall (Phone 856-256-4911)
The Resources

Alcohol and Other Drug (AOD) Services

- Screening, Assessment, Brief Intervention, Counseling
- Alcohol and Other Drug Education Classes
- Recovery Housing
- Referral to Off-Campus AOD Services
- Alcohol-Wise On-Line Educational Course
Student Health Services

Scott Woodside MSN, MBA, RN
Director of Student Health Services

rowan.edu/health
Required Immunizations

All Students
- Hepatitis B
- MMR

Residential and Athletes
- Meningitis
  - One dose on or after 16th birthday
  - Available at local pharmacies, your healthcare provider, or today at the SHS
- Tdap
Wellness Center Requirements

Due July 15th

1. Print the Provider Packet, then drop it off or schedule an appointment with your healthcare provider to complete.

2. Complete Online Medical Forms & Alcohol Wise Program through OWL (Online Wellness Link) in Self Service Banner.

3. Enter Immunizations dates and upload your Provider Packet to OWL prior to the due date.
Health Insurance

● Submit Health Insurance Information
  (2 locations Aetna Campus Health and Wellness Center )

● Student Health Insurance Plan

● Understand Your Health Insurance Coverage
  Laboratory Services, Pharmacy, Imaging
Your Healthcare Tool Kit

- Pack First-aid kit
  - Band-aids & Ointment
  - Thermometer
  - Cold/Flu Medicine
  - Reusable Ice Pack
  - Hand Sanitizer

- Pack Cleaning Supplies
- Insurance/RX cards
- Get Your Flu Shot Annually
  - Available Free, Fall thru Spring!
Partners in Health

Services Offered at SHS

- Free Illness Visits with Nurse Practitioner or Physician
- Nursing Triage and Consultations
- Extensive Laboratory Testing on Site
- Student Athlete Evaluations
- Reproductive Health (FamCare)
- Travel Health
- Immunizations and TB testing
- Nutrition Consultations
- Online Appointment Scheduling
- Empower Students to Become Well Informed Healthcare Consumers
What’s the Emergency?

- Emergencies take many forms, being prepared is the key
- Students requiring higher levels of care can activate EMS @ 856-256-4911
- Rowan University Emergency Medical Services, RUEMS

*Established in 1978, RUEMS is one of the longest serving collegiate EMS squads in New Jersey.*
Local Healthcare Resources

**Hospital:** Jefferson Hospital...................... 2.5 miles
**Urgent Care Center:** Inspira.......................... 0 miles
**Pharmacy:** Walgreens................................. 0.25 miles
**GYN:** FamCare.............................................. 0.5 miles
**Primary Care Clinic:** Complete Care.............. 1 mile
**Dental Clinic:** Complete Care........................ 1 mile
**STI Clinic:** County Health Department.......... 2 miles
**EMS:** On Campus
Rowan University Student Health Services

Homework........

1. Wellness Center Requirements
2. Health Insurance Review
3. Prepare Students to be Chief Wellness Officer

Contact Us

wellnesscenter@rowan.edu
856-256-4333
rowan.edu/health
Mission Statement

Campus Recreation is committed to providing exceptional programs, services, & facilities that promote & encourage a balanced, healthy lifestyle. We are dedicated to creating a safe, welcoming, & inclusive environment that enhances student learning & skill development, fosters enjoyment & appreciation for recreational activities, & enriches the quality of life for the Rowan Community.

Service
We are committed to making customer satisfaction our #1 priority; & as such, will focus on creating a positive experience for each & every person who walks through our doors. Our friendly & knowledgeable staff will work diligently to meet &/or exceed your expectations. Most importantly, we will strive to maintain clean, safe & attractive equipment and facilities.

Student Development
Making a positive difference in the lives of students is at the core of what we do. We facilitate numerous opportunities for students to grow & develop in a fun, learning-centered environment.

Quality
We are committed to providing the highest quality programs, services & facilities on campus. Our focus will be centered on attention to detail and continuous improvement in all that we do.

Relationships
We strive to foster a supportive, caring and inclusive environment in which all members of our community feel valued, respected and welcomed. It is our desire to provide an atmosphere conducive to developing meaningful interactions; and that which is characterized by teamwork and collaboration.
The Value of Exercise & Recreation

“Leave all the afternoon for exercise and recreation, which are as necessary as reading. I will rather say more necessary because health is worth more than learning.”

-Thomas Jefferson
Benefits of Participation

- Wellbeing of the student is the foundation for success
- Enhances Personal Development & Growth
- Social Interactions
- Involvement on Campus
- Physical Health & Wellness
- Creativity & Sense of Accomplishment
- Promotes Psychological Well-Being
- Reduces Stress
- Increases Life Satisfaction
- Self Esteem & Self Reliance
Recreation Center Facts

- Semester Hours of Operation
  - Monday – Thursday 6am – midnight
  - Friday 6am – 10pm, Saturdays
  - 8am – 8pm, Sundays 9am – 11pm
- 92,000 square foot facility
- Three-court gymnasium
- Full locker/shower facilities
- Two ping pong tables
- Muscle Maker Grill

- Fitness & free weight room areas
- 8 lane 25-yard pool
- Four racquetball courts
- Cycling studio
- Group Fitness studio
- Indoor track
- Outdoor Recreational Field

rowan.edu/rec
Informal Recreation

Provides avenue for open/drop-in play

**Indoor:** Ping Pong, Volleyball, Basketball, Badminton, Wallyball, Racquetball, Cardio/Weight Training, Swim

**Outdoor:** Football, Soccer, Frisbee, Softball/Baseball, Sand Volleyball, Tennis, Basketball, Street Hockey
Outdoor Spaces

- Intramural Turf Field
- 3 Outdoor basketball courts
- 1 Sand Volleyball Court
- 2 Tennis Courts
Fitness & Wellness Programs

- Programs Offered at both the Rec Center & Fitness Center
- Group Fitness
  (All Classes are FREE 1st week of Fall & Spring Semester!)
  - Rec: Yoga, Pilates, BODYPUMP, Cycling, ZUMBA, etc.
  - Fitness Center: Circuit Training, Kickboxing
  - Over 25 classes per week
- Personal Training
  - 1 on 1
  - Small Group Training
  - Free Fitness Orientations
Fitness & Wellness Programs

● Monthly Wellness Programs and Workshops (Most Programs are FREE):
  ○ Weight Training 101
  ○ Intro to Cycling, Intro to Yoga, Intro to Heavy Bag
  ○ TRX, Queenax (Small Group Training)
  ○ Women on Weights

● Computerized Fitness Assessments
  ○ Fit 3D Body Scan

● Health & Fitness Expo
Rowan Campus Rec and Group Fitness Instructor Alum

Shaun T

Creator of Hip Hop Abs Rockin Body Insanity T25 Cize
Rowan Fitness Center
Opened Fall 2017
232 Victoria Street
Rowan Fitness Center

Facility Features

48 cardiovascular pieces

Men’s & Women’s Locker Rooms

50 strength/selectorized pieces

All Gender Locker Room

21 station multifunctional system

Fitness Assessment Room

12 station multifunctional cable

Staff Conference Room

Dumbbells from 2.5 lbs to 125 lbs

2 Administrative Offices

17,577 square feet

Small Group Training available
Fitness Center Information

- Hours of Operation:
  - Monday - Thursday: 7am - 11pm
  - Friday: 7am - 9pm, Saturday: 9am - 7pm
  - Sunday: 10am - 10pm
    - Reduced hours during breaks (spring, summer & winter)
- Cardio Equipment features campus tv & connectivity
- Parking - 2 hours free available in Nexus Garages
- Small Group Training - Free for first week of semester
- Fit 3D Body Scans
Precor Queenax X500 - 21 Station & 9 suspension training system

A revolutionary fitness system for various drop in usage & small group training classes
Connected Cardio with Individual TV access
Functional Equipment & Open Space
Multi-Use Equipment

12 Station Cable System

3 Power Racks with Olympic Lifting Bumper Plates & Bars
Free Weight & Selectorized Equipment
Unique & Challenging Workouts

Non-Motorized Treadmills & Bikes
Comprehensive Body Scanning

FIT3D
Total Body Assessment Platform

BODY COMPOSITION
DXA CORRELATED BODY FAT PERCENTAGE INCLUDING LEAN AND FAT MASS

3D IMAGES AND MEASUREMENTS
FULL 360 DEGREE IMAGE AND HUNDREDS OF MEASUREMENTS FROM 35 SECOND SCAN

BODY SHAPE RATING
proprietary body shape algorithm to show wellness from where mass is in the body as well as other university backed body shape algorithms

BALANCE WEIGHT SCALE
Automatically captures total body weight and balance

POWERFUL CLOUD REPORTING
Users and coaches access scans and data as well as comparisons in a secured cloud application.

MEASUREMENT GUIDE

NECK
Circumference at midpoint of the neck (typically over the larynx)

BUST
Circumference at forward most protruding point above the waist

BICEPS
Max circumference of arm, between shoulder and elbow

FOREARM
Max circumference of arm, between elbow and wrist

WAIST
Circumference at small of the back (typically between lowest rib and top of iliac crest)

THIGH
Max circumference of leg, between crotch and the knee

HIP
Circumference at rear most protruding point below the waist

CALF
Max circumference of leg, between knee and ankle

SCAN IN 40 SECONDS
RECEIVE YOUR SCAN REPORT EMAIL
LOG INTO THE FIT3D WEB PLATFORM TO TRACK YOUR PROGRESS

VISUALIZE A HEALTHIER YOU.
Intramural Sports

Organized sports involving only Rowan students

These recreational activities are for everyone!

**Individual Sports:** Racquetball, Ping Pong, Tennis, Gaming Tourneys, Fantasy Sports

**Special Events:** BAGGO/Cornhole, Battleship, Sand Volleyball Tourney, Kickball, Free Throw Contest, 3 Point Contest, Basketball Knockout, Punt, Pass & Kick
Intramural League Sports

Participate on an open team and/or play on a co-rec team. Play regardless of your skill level!

*Student play for: Fun, Competition, Exercise, Social Opportunities, Being part of a team!*

Play on a team of your self selected gender and/or play on a co-rec team.

**Team Sports:** Basketball, Bowling, Dodgeball, Innertube Water Polo, Flag Football, Soccer (Indoor/Outdoor), Softball, Street Hockey, Team Handball, Volleyball, Wallyball & Wiffleball

Over 2000 participants
All 46 clubs are student run & student initiated; however, Campus Rec provides professional guidance & financial support.

While many clubs are highly competitive & play other schools, others are instructional/recreational in nature.
# Rowan Sport Clubs

Currently 46 clubs (2 petitioning) & 1422 participants

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<td>Dance</td>
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Archery - Joel Gupta was ranked 37th nationally. Recipient of the USA Archery Collegiate Grant

Cheerleading - Competed in UCA Nationals (Orlando) and advanced to semi-finals for the first time

Equestrian - Had first place finishers at ISHA Horse Show at West Chester University, Bucks County Community College, Rider University, and Arcadia. Sent 3 riders to Regionals

Men's Ice Hockey - Both the D2 and D3 teams qualified for post-season.

Men's Lacrosse - Fall Record: 9-1, Spring record 10-5. NCLL Fall Brawl Champions - College Park, MD (back-to-back champions)
  ● Lax for Donnie Champions (back-to-back)

Outdoor Club - Organized a total of 13 trips this year...the most in club history

Rock Climbing - Sent two climbers to USA Climbing Collegiate Nationals.

Roller Hockey - Competed in NCRHA Nationals in North Dakota

Men's Rugby - Ranked as high as 29th nationally for D1-AA
  ● Advanced to D1-AA Sweet 16's at Nationals in Cincinnati
  ● 9 players were selected to the Mid-Atlantic Rugby Conference (MARC) All-Star Team

Women's Rugby - Ranked in the top 32 nationally in the Women's Mid-Atlantic Rugby Conference (MARC) DII
  ● Qualified for Division 2 Nationals in Cincinnati, OH

Swim - Competed in Nationals for 1st time (at GA Tech)

Tennis - Qualified for the USTA Nationals in Surprise, AZ

Unified Sports - Recognized as a 'Unified Champion School'. 1st time it is open to colleges, and Rowan is the only college in NJ (of 12 with Unified programs) to receive this recognition.

Men's Volleyball - Participated in NCVF Nationals in St. Louis

Wrestling - Competed in Collegiate Wrestling Nationals in Allen, TX
Aquatics

- Variety of open recreation swim hours
- Lifeguarding, CPR/AED/First Aid Certifications
- Intramural Aquatics Programs
- Adult swim lessons
Special Events

- Late Night @ the REC
- Sport Clubs & REC Expo
- Night Bright Color Run
- 5K Runs benefiting charities
- Homecoming Battleship
- Paralympic Sports Day

- REC Around the World
- Health & Fitness Expo
- Rowan Field Day
- National RecSports & Fitness Day
Employment Opportunities

Campus Recreation hires and trains over 170 students each year and provides valuable transferable skills for any major or career interest!  
*Certification prior required **Non-entry level

**Aquatics:** *Lifeguard, Swim Instructor, **Aquatics Supervisor

**Facilities:** **Building Manager, Facility Operations Assistant & **Facility Supervisor

**Fitness:** *Group Fitness Instructor, *Personal Trainer, **Fitness Supervisor, **Fitness Intern, Fitness Area Assistant

**Informal Rec:** Program Monitor

**Intramural Sports:** Official/Scorekeeper, **Supervisor, **Program Coordinator

**Main Office:** Main Office Assistant & *Main Office Supervisor

**Marketing:** Marketing Assistant, Graphic Designer, Photographer, Videographer

**Sport Clubs:** Supervisor
We are hiring now!

Positions Available  *Certification prior required

Aquatics: *Lifeguard, Swim Instructor

Facilities: Facility Operations Assistant

Fitness: Fitness Area Assistant, *Personal Trainer

Informal Rec: Program Monitor

Intramural Sports: Official/Scorekeeper

Marketing: Videographer, Graphic Designers

Sport Clubs: Supervisor
Kevin George
Director of Campus Recreation
856-256-4927
georgek@rowan.edu

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Assistant Director - Marketing, Member Services & Business Svc
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rowan.edu/rec
Questions?