STEP UP!
Health, Wellness & Safety for Freshman Orientation

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Assistant Vice President of Public Safety & Emergency Management

David F. Rubenstein
Vice President for Health and Wellness

Scott Woodside
Director of Student Health Services

Kevin George
Director of Campus Recreation
Rowan University

Department of Public Safety
Office of Emergency Management

CALEA - Nationally Accredited Agency
University Police Services Section
Campus Security Services Section
Communications Center Services
Parking Management Services
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](http://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://www.rowan.edu/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 7:00 am to 1:00 am 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
Counseling and Psychological Services

David Rubenstein, Psy.D

Vice President for Health and Wellness
“When health is absent, wisdom cannot reveal itself, art cannot manifest, strength cannot fight, wealth becomes useless, and intelligence cannot be applied.”

(Herophilos of Chalcedon, 335 – 280 BC)
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 is 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: Due August 15th.
Your Health Matters

Scott Woodside MSN, MBA, RN
Director of Student Health Services
Be Wise. Be Prepared!

- Prepare Your Health Records
- Prevent Disease Transmission
- Pack up the Essentials
- Promote Your Health

www.rowan.edu/health
Prepare Your Health Records

Mandatory Pre-Enrollment Health Forms
- Due July 15th
- rowan.edu/healthforms
- 3 step process
- 100% online

Student Health Insurance Plan
- Must be waived September 15th
- Go to Insurance tab on Bursar website

Always Carry Your Health Insurance & Prescription Cards
Prevent Disease Transmission

Immunizations

- Meningitis *(Required to live on campus)*
  - One dose on or after 16th birthday
  - Available at local pharmacies, your healthcare provider, or today at the SHS
- Hepatitis B *(Required)*
- MMR *(Required)*
- Tdap *(Required for Athletes)*
- TB Skin Test *(Required for Athletes)*

Practice Good Hygiene

- Wash your hands often!
- Cover coughs
- Don’t share cups, utensils, razors or other personal care products
Pack up the Essentials

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

● Pack cleaning supplies

● Insurance/RX cards

● Get Flu Vaccine
  ○ Available in the Fall thru Spring!
Promote Your Health

Services Offered at SHS

- Free Illness Visits with Nurse Practitioner or Physician
- Nursing Triage and Consultations
- Laboratory Testing on Site
- Student Athlete Evaluations
- Reproductive Health (FamCare)
- Travel Health
- Immunizations and TB testing
- Nutrition Consultations
- Online Appointment Scheduling
Local Healthcare Resources

- Closest Hospital: Kennedy Memorial Hospital......... 2.5 miles
- Closest Urgent Care Center: Inspira.......................... 0 miles
- Closest Pharmacy: Walgreens............................... 0.25 miles
- Closest GYN: FamCare........................................ 0.5 miles
- Closest Primary Care Clinic: Complete Care.......... 1 mile
- Closest Dental Clinic: Complete Care................... 1 mile
- Closest STI Clinic: County Health Department......... 2 miles
Rowan University Student Health Services

Remember

• Prepare Your Health Records
• Prevent Disease Transmission
• Pack up the Essentials
• Promote Your Health

Contact us

wellnesscenter@rowan.edu
856-256-4333
www.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

- **Group Fitness Program** *(free 1st week of semester)*
  - Over 25 classes per week

- **Personal Training**
  - 1 on 1
  - Small Group Training

- **Monthly Wellness Programs**

- **Semester Incentive Programs**
- **Computerized Fitness Assessments**
- **Health & Fitness Expo**
Shaun T

Creator of
Hip Hop Abs
Rockin Body
Insanity
T25
Cize
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:** Cornhole, Battleship, Sand Volleyball, 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 some clubs are highly competitive & play other schools, others are instructional/recreational in nature.
Rowan Sport Clubs

Currently 46 clubs (3 petitioning) & 1351 participants

Archery
Ballroom Dance
Baseball
Basketball (M&W)
Bass Fishing
Cheer
Color Guard
Cycling
Dance
Equestrian
Fencing
Field Hockey
Fishing
Golf
Ice Hockey (M&W)
Karate & Self-Defense
Lacrosse (M&W)
Mixed Martial Arts
Outdoor Adventure
Paintball
Powerlifting
Quidditch
Racquetball
Rock Climbing
Rugby (M&W)
Skateboarding
Ski & Snowboard
Soccer (M&W)
Softball
Street Hockey
Swim
Table Tennis
Tennis
Ultimate (M&W)
Unified Sports
Volleyball (M&W)
Women’s Physique
Wrestling
Sport Clubs Highlights from 2017-2018

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

Special Events

REC Around the World
Health & Fitness Expo
Rowan Field Day
National RecSports & Fitness Day
Rowan Fitness Center

Opened Fall 2017

232 Victoria Street
Rowan Fitness Center

Victoria Street

Mick Drive

Facility Features

48 cardiovascular pieces
50 strength/selectorized pieces
21 station multifunctional system
12 station multifunctional cable
Dumbbells from 2.5 lbs to 125 lbs
17,577 square feet

Men’s & Women’s

Locker Rooms

All Gender Locker Room
Fitness Assessment Room
Staff Conference Room
2 Administrative Offices
Small Group
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 Scans - Free for the month of January
Precor Queenax X500 - 21 Station & 9 suspension training system

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

Non-Motorized Treadmills & Bikes
High Intensity Workouts

Cybex Sparc
Multi-Use Equipment

12 Station Cable System

3 Power Racks with Olympic Lifting Bumper Plates & Bars
Selectorized Equipment
Comprehensive Body Scanning

FIT3D DASHBOARD APP

BODY SHAPE SCORE:
A HEALTHY SCORE BASED ON WHERE YOUR WEIGHT IS LOCATED

4-POINT WEIGHT SCALE:
GREAT FOR BALANCE AND POSTURE

Joe Cirulli
CEO, Gainesville Health and Fitness

“Fit3D has improved the way our coaches coach, how our members workout, and has made our Xforce program more valuable!”

sales@fit3D.com  650.257.3483  www.fit3d.com
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!

Your students can sign up for an interview during their late night workout/recreation time

*Certification prior required **Non-entry level

**Positions Available**

**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
Tina Pinocci  
Associate Vice President  
856-256-4604  
pinocci@rowan.edu

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delia@rowan.edu

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Assistant Director  
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havris20@rowan.edu

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Vacant  
Assistant Director  
Aquatics & Risk Mgt  
856-256-4958

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Campus Recreation  
www.rowan.edu/rec  
reccenter@rowan.edu

Recreation Center: 856-256-4900  
Fitness Center: 856-256-5900  
live.learn.PLAY!
Questions?

No matter where you started, you'll always have a home at Rowan.