

ROWAN CAMPUS RECREATION



2025 - 2026

POLICIES & PROCEDURES

live. learn. PLAY!



**Rowan University Campus Recreation
Policies & Procedures 2024-2025**

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Campus Recreation Mission & Values

Mission

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

Values

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

Quality: We are committed to providing the highest quality programs, services, and 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 and caring environment in which all members of our community feel valued, respected, and welcomed. We desire to provide an atmosphere conducive to developing meaningful interactions characterized by teamwork and collaboration.

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 and develop in a fun, learning-centered environment.

Facility Maintenance

Please help keep the facilities neat and appealing to all users by properly disposing of litter. Recycling bins are available in the main lobby area. Make every attempt to report spills or unclean areas to the staff promptly. Campus Recreation members and guests are encouraged to report maintenance and housekeeping concerns to the appropriate staff and/or the front desk.

Participant Input

Users are encouraged to express their opinions and suggestions to the campus recreation staff. Suggestion boxes are located next to the front desk area at the Recreation and Fitness Centers. The staff is committed to providing opportunities for students, faculty, and staff to participate in the development and implementation of programs through surveys and informal feedback.

Personnel

Campus Recreation is committed to employing qualified professionals, clerical, service, and student staff for the development, supervision, maintenance, and evaluation of programs and facilities. Student development is the focus of our programs. There are numerous opportunities for students to gain leadership skills, accept increasing levels of responsibility, and continually hone personal and professional skills.

Strategic Planning

Campus Recreation is committed to the processes of innovation, change, development, research, and practices, in particular, to the trends in recreational sports and well-being promotion. We are committed to the assessment of the needs and interests of our participants through formative evaluation of programs and activities.

Welcoming Environment

Campus Recreation is dedicated to providing an inclusive environment with safe services, programs, and facilities that are welcoming to all individuals regardless of race, ethnicity, religion, spirituality, gender, gender identity/expression, age, sexual orientation, ability, socioeconomic class, or national origin.

Campus Recreation intends to be fully inclusive and provide a variety of accommodations for equitable access to all facilities and programs. Campus Recreation is committed to accommodating people with disabilities in compliance with applicable state and federal laws and regulations.

Campus Recreation Contact Information

Recreation Center Main Office: 856-256-4900
Fitness Center Main Office: 856-256-5900
Website: rowan.edu/rec
Email: reccenter@rowan.edu
App: RowanCampusRec (on Apple & Google store)

General Guidelines and Conduct

Campus Recreation provides numerous opportunities for interaction between the various populations that comprise the University community. In this regard, it provides the ideal climate for learning to respect the dignity and worth of each individual. Please join the staff in promoting an environment that demonstrates these qualities. Participants who engage in behavior or actions that might damage equipment or facilities, or pose a threat to the safety and well-being of themselves or others may lose their privileges. The staff and participants of Campus Recreation appreciate your cooperation in making our facilities, programs, and services a friendly and positive environment for recreational and social opportunities.

University Policies, including the Student Code of Conduct, are enforced at all times through all recreational facilities and programs. Use of recreational facilities, programs, and services is considered a privilege. Mature and respectful conduct is expected and required at all times. The Campus Recreation staff reserves the right to request compliance with all University and Campus Recreation policies. In the event an individual, guest, or spectator conducts themselves in a disrespectful manner, the staff member has the authority to act, as they deem necessary, to protect and ensure the safety and enjoyment of all users. Depending on the severity of the incident, the following action may be taken: verbal warning, removal from a particular activity, removal from the area, or removal/suspension from all campus recreation programs and facilities. Rowan Police will be contacted if needed.

Incidents reported to the administrative staff that indicate improper conduct could include failure to adhere to policies and procedures; failure to follow verbal instructions of a staff member; failure to provide proper identification upon request; unauthorized use of facilities, theft or damage to facilities or equipment; and physical or verbal abuse directed toward a staff member, spectator or participant. Depending on the severity of the incident, the individual(s) involved may be questioned and required to submit a written statement of the incident. Written statements will be obtained. Severe incidents (left to the discretion of the Director) or incidents that cannot be resolved internally will be forwarded to the Dean of Students or the Office of Community Standards, who will rule on the incident. Penalties could include temporary or permanent probation, suspension from all campus recreation programs and facilities for a specified period of time, or permanent loss of all campus recreation privileges. To facilitate and support Campus Recreation's mission and values, staff and patrons are required to maintain a safe, inclusive, and welcoming environment. Therefore, the following activities and behaviors are strictly prohibited:

1. Committing or attempting to commit any activity that would constitute a violation of any federal, state, or local criminal statute or ordinance.
2. Exhibiting disruptive or disorderly conduct or behavior that unreasonably disturbs patrons and staff and interferes with the use and enjoyment of the facilities.
3. Fighting or threatening actions.

4. Posing an unreasonable risk to health or safety, including but not limited to offensive personal hygiene that unduly disturbs others.
5. Using loud, obscene, or abusive language.
6. Displaying overt sexual behavior or engaging in sexual harassment or other types of harassment (e.g., racism, hate speech, threatening speech or behavior, disrespectful behavior).
7. Misuse or vandalism of facility property or equipment.
8. Illegal drugs (including marijuana), alcoholic beverages, tobacco/nicotine products, and vaping devices are not permitted in all facilities.
9. Displaying signs of alcohol or substance abuse that are accompanied by disruptive behavior.
10. Unauthorized entry into buildings, offices, and work areas. This includes the removal and use of equipment without authorization.
11. Bringing in any items that create a hazard to others, or placing personal belongings to impede access to services. The following items are not permitted in campus recreation facilities (exception skate park):
 1. Bicycles, skateboards, roller skates, rollerblades, electric and non-electric scooters are prohibited. ADA-designated assistance devices are permitted.
 2. Weapons or items which can be easily mistaken for weapons.
 3. Pets with the exception of service or assistance animals.
12. Personal private contract work, i.e., swimming lessons, personal training, and coaching of any kind (without proper approval) are not permitted within any campus recreation program or facility. Anyone interested in receiving private instruction should contact the Main Office for proper registration procedures.
13. Spitting inside Campus Recreation facilities is prohibited.

Liability Statement

Participants who utilize Campus Recreation facilities or programs agree to release, waive, discharge and agree not to sue, Rowan University and all its successors, assigns, affiliates, officers, directors, employees, and agents ("Rowan") from all manner of actions and causes of actions, suits, debts, accounts, judgments, claims and demands whatsoever in law or equity, including attorney's fees, especially all claims arising out of any incidents involving personal injury in any way because of participation in any voluntary activity.

Participants agree to assume any and all risks involving or arising from participation in any voluntary activity, including, without limitation, the risks of death, bodily injury or property damage, the unavailability of emergency medical care, or the negligent or deliberate act of another person.

Further, participants agree to indemnify, defend, and hold Rowan University and its officers, employees, and agents harmless from any and all claims, causes of action, damages, judgments, costs, or expenses, including attorney's fees, whatsoever, from their voluntary participation in any activity.

Participants understand that they should have current insurance protection through personal or family means, to cover the expense of an unforeseen accident or injury. The Administration of the Campus Recreation Department strongly recommends that all voluntary participants have such coverage. Any injuries, accidents, or equipment failures must be immediately reported to Campus Recreation staff.

All policies and procedures are subject to interpretation by the Campus Recreation staff.

Injuries and Emergencies

1. If an emergency occurs (including a fight, injury, building issue/concern, etc.), please contact a staff member immediately.
2. Fire alarms, AEDs, emergency phones, and fire extinguishers are located throughout campus recreation facilities.
3. Naloxone (Narcan) can be found inside the AED cabinets.

4. In case of a fire or power outage, do not use the elevator. Evacuation chairs are available in the basement and second floor if needed.
5. Emergency phones are available in the locker rooms, pool, fitness area, lobby hallway, and elevator in the Recreation Center. The phones directly connect to the Rowan Police dispatch.
6. Emergency phones are available in all locker rooms in the Fitness Center. The phones directly connect to the Rowan Police dispatch.

Attire and Footwear

We encourage participants to clean all fitness equipment before and after each use.

1. Athletic attire is recommended to be worn at all times.
2. The staff reserves the right to deem any item of clothing unacceptable and/or inappropriate.
3. Footwear
 - a. Sandals, open-toed or open-backed, and shoes that create marks on flooring are not permitted.
 - b. No bare feet permitted except in the swimming areas, locker rooms or for other specified programs.
4. Proper swim attire is required in the pool area.
5. Eye protection for racquetball is strongly recommended and is required for participants under 15 years of age.

Food and Beverage

1. Eating is restricted to the lobby area only in both indoor facilities.
2. Only drinks in spill-proof, sealable containers are permitted. Glass containers are not permitted.

Cell Phones

For privacy and safety purposes, cell/mobile/camera phone use is prohibited in all locker rooms and restrooms. Phone conversations need to be conducted outside of exercise and program areas, including all cardio areas and weight room areas. Please be courteous to limit cell phone usage while using fitness equipment. Excessive use will result in the patron being asked to allow others to use the equipment.

Audio Devices

Patrons must use personal headphones with their audio devices. Unauthorized use of amplified audio is prohibited anywhere in either indoor facility unless approved by Campus Recreation staff.

Photography and Videotaping

Email reccenter@rowan.edu for permission to film in the facility.

You may take photos/video for personal use in the Campus Recreation Facilities, but you must obtain the permission of anyone who may be identified. Taking photos or video of identifiable individuals without their consent is prohibited and is cause for immediate removal from Campus Recreation facilities and possible suspension. The use of any additional equipment is prohibited in the facilities without prior consent. No photos or video may be taken in group fitness classes or pool areas, unless authorized by Campus Recreation. Photography and filming are prohibited at all times in restrooms and locker room spaces. Outside news media and those wishing to shoot photos/videos for commercial purposes must coordinate through the Office of University Relations.

Marketing

Marketing spaces within the Recreation Center and Rowan Fitness Center are reserved for Campus Recreation promotions or official partnership promotions. Student Organizations and departments wishing to promote their event to members should contact the Assistant Director of Marketing and Member Services at reccenter@rowan.edu.

Facility Hours

Academic Semesters: The Fall Semester runs from September 2nd through December 15th. The Spring Semester runs from January 20th through May 6th. Hours of operation remain consistent throughout both semesters, except for the following:

Family Recreation Hours (*Rec Center only*):

Friday, 3pm-10pm; Saturday, 8am- 8pm; Sunday, 9am-11pm.

During Winter, Spring, and Summer Breaks: Monday- Sunday, all hours.

Adjusted Hours:

1. Thanksgiving Recess: Nov. 26th through Nov. 29th
2. Winter Break: Dec. 16th through Jan. 19th
3. Spring Break: March 16th through March 21st
4. Summer: May 7th through September 7th
5. Closures may occur as a result of holidays, commencement, special events, inclement weather, and annual maintenance.

The hours of operation are posted at the entrance of each facility, on our website www.rowan.edu/rec, and on the Rowan Campus Recreation App. Campus Recreation reserves the right to make changes to the above schedule as needed. Members will be notified of any adjustments to the hours of operation.

General Membership Information

1. All memberships are non-transferable.
2. Annual memberships run throughout the year.
3. The following payment options are available at a higher membership rate:
 1. Fall - September 1 through December 31
 2. Spring - January 1 through May 31
 3. 1-month – 1 month from the date of purchase
4. Payroll deduction is available for all full-time faculty, staff, and administration. Deductions can be made for their families. This service is available for the yearly, fall, and spring membership fee. Adjunct faculty are not eligible for payroll deduction. To take advantage of this service, obtain a form from the front desk and complete the application process. Mail-ins are not accepted.
5. Members must accompany their spouse, dependent, and/or associate when joining or renewing.
6. A spouse, dependent, or associate may only become a member or renew a membership if they are sponsored by an employee, alumnus, or student who is a current member. In addition, they may not have a membership for a period longer than their sponsor.
7. Members under 18 years of age are only permitted in the Recreation Center during advertised family recreation times.
8. No one will be admitted into the facilities and respective programs without a valid membership and necessary identification.
9. Fitness Center memberships are available to University students, employees, alumni, spouses, and Nexus residents over the age of 18
10. Memberships may be suspended or revoked if behavior or actions are inconsistent with university policies, guidelines, or regulations. Decisions are at the discretion of the Director.

Eligibility Requirements for Membership

1. Students:

Currently enrolled undergraduate and graduate students taking 3 or more credits receive full membership privileges at no additional cost. Students from CMSRU, Rowan SOM, School of Veterinary Medicine, and ESL are not automatically included and must opt in by purchasing a membership for an additional fee.

2. Faculty/Staff/Administration:

Current full-time and part-time employees are eligible to purchase memberships at the Recreation Center and Fitness Center. If you do not already have your Rowan ID, you can obtain one at the Rowan Card Center located in Savitz Hall Room 245, or you may use your digital ID available on the Rowan Campus Rec mobile App.

3. Alumni:

Those individuals who graduated from Glassboro State/Rowan University are eligible to purchase memberships at the Recreation Center and Fitness Center. Individuals must show proof of graduating in the form of a diploma, alumni card or transcripts, and a picture ID.

4. Spouse:

An individual married to a current student, Rowan employee member, or alumnus with a valid Recreation/Fitness Center membership can purchase a membership. A valid driver's license showing the same address as the sponsor must be presented prior to obtaining membership.

5. Dependent:

An individual who is a dependent of a current student, Rowan employee member, or alumnus with a valid Recreation Center membership. A parent (guardian)/child relationship must exist. Dependents ages 5-17 must show proof of age; those 18-30 must show proof of age AND residency. In addition, a dependent under the age of 18 can only enter the facility during family recreation hours. Dependents under the age of 5 are not allowed to join or enter either facility.

6. Associate:

Eligible students, Rowan employee members, and alumni members are entitled to bring in a maximum of two individuals 18 years or older who may also become members. They do not have to be affiliated with the university. Associate members receive the same membership benefits as other members except they can only sign up their dependents under 18. To join, the associate must be accompanied by a current Recreation Center member.

7. Nexus Resident:

Nexus residents must be verified by the Nexus property management office. Nexus residents are only allowed to access the Fitness Center; their membership does not include access to the Recreation Center.

Family Recreation Policies

1. All dependent members must have a valid I.D. card to gain entry.
2. No one under 5 years of age is allowed in either indoor facility unless it is for a sponsored program.
3. Children under 15 years of age who use the pool facility must be accompanied and supervised by an adult at all times.
4. Non-swimming children must have an adult in the pool with them at all times. Lifeguards have discretionary authority to deem a child a "non-swimmer".
5. Children under 15 years of age are prohibited access to and use of exercise machines, free weight room area, cycling room, and group fitness classes. In all other areas, they must be accompanied by an adult member and must be in the same activity area of the facility for supervision purposes.
 - a. Permitted areas for use are racquetball courts, pool, track, basketball courts, and outdoor facilities.
6. A parent, guardian, or responsible adult (age 18 or over) of the same gender must accompany children aged 12 and under into the appropriate locker room.
 - a) When same-gender adults are not available, children (age 5 and under) may use locker rooms of the opposite sex under parent, guardian, or responsible adult (age 18 or over) supervision.
 - b) Individuals with children 12 or under can use the lockable all gender bathrooms located on the gym courts.

Guest Policies

1. Guest fees are \$15 per guest of a member/student. Sponsors must sign in guests and must be 18 or older.
2. At the Recreation Center: Members are permitted a maximum of one guest per day. Special requests may be considered with prior approval.
3. Guests must be 18 years of age or older Monday through Thursday and at least 5 years of age Friday- Sunday.
4. At the Fitness Center: Members are permitted a maximum of one guest on Fridays, Saturdays, and Sundays. No guests are permitted during weekdays. Guests must be at least 18 years old.
5. All guests must show a valid I.D. at the front desk. A photocopy will be made for security purposes.
6. The sponsor must accompany guests into the facility; a guest may not look for a sponsor or wait in the facility for a sponsor.
7. Guests may not remain in the facility without their sponsor. Only one sponsor per guest; no I.D. switching will be allowed. Re-admitting with a different sponsor will cost an additional guest fee.
8. Guests cannot check out equipment; only the sponsor can.
9. Any guest found guilty of damaging property or violating any policy will immediately lose all privileges. The sponsor will always be held accountable for damages.
10. Faculty and staff as well as alumni may sponsor themselves as guests for a \$15 guest fee. They may also sponsor a guest.
11. Spectators and visiting participants/players are permitted to attend sport club home events and intramural sports championship games and must sign a waiver prior to admittance. Spectators and visiting participants/players are not permitted to use any area of the facility other than the area from which they are spectating or participating in. If they would like to use any other area, they must be signed in as a guest (please refer to the above guest policies). Failing to follow policies, guidelines, and staff instruction or engaging in activities or programs while in the facility as a spectator will result in a loss of privileges and/or a charge being assessed to the sponsor's and/or spectator's account.
12. During the first two weeks of the Fall and Spring semesters, guests are not permitted in the facilities.

Facility Usage

1. All entries must be through the front desk. Use of any other exterior door is prohibited and will activate an alarm. Violation may result in suspension of privileges.
2. Users must present a valid physical or digital I.D. at the entry area. Any I.D. not belonging to the bearer or of a suspicious nature will be confiscated immediately. The bearer and owner will face disciplinary action. Attempts to use another member's Rowan ID or Campus Recreation Membership Card or provide an identification card for another's use violates University regulations and the Student Conduct Code. Consequences may include confiscation of the card and suspension from Campus Recreation facilities and/or program participation.
3. Students/Employees who have lost their Rowan I.D. card must purchase a replacement card for \$25 at the Rowan Card Office located in Savitz Hall room 245. The replacement fee for the Campus Recreation Membership Card is \$10 and may be purchased in either facility.
4. Campus Recreation staff reserves the right to ask for identification at any time.
5. Drop-in use for any activity area ends 15 minutes prior to any scheduled program, event, or approved reservation.
6. All members and guests must adhere to all state and university guidelines, safety protocols, and mandates.
7. No group, class, organization, or team numbering six (6) or more individuals may work out/practice/play together in either indoor facility. Large group activities in all campus recreation spaces must be approved by the Director at least 48 hours in advance. Without prior approval, any group utilizing the facility will be asked to leave.
8. Continual or repeat offenses by the same group may result in suspension or notification to the Office of Community Standards.
9. During breaks the Intramural Turf Field will be closed and may be open through request at the recreation center front desk.
10. Outdoor facilities may be closed at any time for inclement weather or unsafe situations (excessive heat or cold temperatures).

Lockers and Showers

1. Personal locks may be used on any day-use lockers located throughout either facility. Daily locks may also be checked out at the front desk.
2. Day-use lockers and daily locks may not be used overnight. Unremoved locks and contents will be removed at the close of each day. Confiscated belongings may be picked up at the front desk area.
3. Full lockers are available for semester or yearly rental at the Recreation Center. Please inquire about availability at the Main Office. There are no locker rentals available at the Fitness Center.
4. Lockers must be emptied or renewed by the end of each rental period. Failure to do so will result in the staff removing the contents of the locker. Notification of the end of the rental period will be given via email.
5. ADA-accessible shower areas are available.
6. Water extractors are reserved for swimsuits only. Towels, soiled clothing, or other items may not be placed in the extractors.
7. All gender lockable bathrooms are available in the Recreation Center (in the gym court area) and all gender locker rooms in the Fitness Center.

Facility Reservations

25Live is the campus-wide web-based scheduling system used for room/space reservations for any Campus Recreation facility. Reservations are required for all indoor and outdoor facility areas. All requests for use of any facility are made through 25Live and confirmed by the Assistant Director, Intramurals and Special Events. All pool requests will be confirmed by the Assistant Director, Aquatics and Safety. A schedule of events and information regarding how to reserve a room can be found at www.rowan.edu/25live. There is no solicitation or tabling without prior approval.

Non-student groups should visit the website for the University Scheduling <http://sites.rowan.edu/university-scheduling/>

1. To reserve rooms/space go to www.rowan.edu/home/university-scheduling/25-live. This page will guide you through the steps for event planning and reserving a space using 25live. Login to 25Live will require your Rowan University username and password. For more information about 25Live, visit <http://www.rowan.edu/ces/25live/index.cfm>. Please note that phone and email reservations will not be accepted.
2. Space assignments are confirmed on a first-come, first-served basis within the priority categories. A confirmation will be emailed to the individual identified on the request. The email should be carefully reviewed for confirmation or denial of space or equipment, particularly with requests for multiple dates. Please note that your reservation is complete when you receive a confirmation/cancellation of your request by email.
 - a) Campus Recreation staff will use current policies, knowledge of facilities, and judgment in approving or denying requests for events.
 - b) Scheduling decisions will be made matching available space with the event in order to achieve maximum use of the area with minimum costs to the facility, support personnel, and the University.
 - c) Anticipated audience size, target audience, formality of event and catering requirements are factors that may be considered in determining usage. Reservations may require staffing charges.
3. The 25 Live scheduling systems will not allow online reservations to be made less than 5 days in advance. Due to limited space and resources, users are highly encouraged to plan and anticipate room needs well in advance of the event. For student groups planning special events and large-scale special events, reservations must be made at least 20 business days in advance.
4. Set-up requests and equipment needs must be detailed on the reservation request. Final diagrams must be received at least 5 business days prior to the event or they will not be accommodated. It is the sole responsibility of the reserving party to complete and provide this information. Campus Recreation staff will be able to assist in determining the most effective set-up arrangement for the function. Please consult with them well in advance of the event so that the deadlines can be met and charges can be avoided.

5. Campus Recreation staff will assign each reservation to the most appropriate space(s) available based on the event description on the request. The demands on the facility and the nature and size of the event will be considered when determining space assignments. Requests for specific rooms or spaces will be honored when possible. The staff reserves the right to reassign space when necessary and to identify suitable alternative space for the original reservation.

6. Cancellations must be made at least 5 business days in advance of the program or event. To cancel a reservation that is more than 5 business days prior to your event email the Assistant Director of Intramurals and Special Events. If you need to cancel less than 5 business days prior to your event, you must call the front desk of the Recreation Center at 856-256-4900 and include the date, time, and room you wish to cancel. Subsequent late cancellations may be charged up to \$25.

7. Campus Recreation staff and/or the sponsoring group may request a follow-up meeting to discuss issues or concerns that may have occurred during an event/program.

8. All requests for spaces may be subject to cancellation or denial for inclement weather or unsafe conditions. Examples may include but are not limited to excessive heat, cold, thunderstorms, atmospheric conditions, indoor HVAC issues, etc.

Equipment Rentals and Reservations

1. Users must show their I.D. at the front desk to check out a variety of sports, workout, and other equipment.
2. Equipment to be used by guests must be checked out by the sponsoring member.
3. Equipment (volleyballs, outdoor basketballs, footballs, frisbees, etc.) is available for check out to be used at outdoor facilities and must be returned by the end of the same day rented.
4. Users are responsible for the equipment they check out. An individual who fails to return checked-out equipment or who returns damaged equipment must pay to replace the lost, stolen, or damaged equipment.
5. Participants are allowed to bring in sporting equipment for personal use. Equipment that might be considered dangerous or beyond the realm of "normal" sporting equipment will not be permitted. Skateboards, hoverboards, longboards, Heely shoes, scooters, bikes, pets, cleats, or rollerblades are not permitted in all indoor facilities. Bicycle and skateboard racks are available outside the front entrance of both facilities.
6. Equipment must be reserved 5 business days in advance by visiting our [website](#). Fees may apply. Failure to return all items in the condition they were given will result in a fee.

Lost and Found

1. Rowan University is NOT responsible for lost, stolen, or damaged items, including property left in lockers or cubbies. Do not bring valuables to the facility. Always use a lock, even when in the shower. Users forgetting a lock may check out a daily lock in either facility.
2. The staff is not permitted to hold valuable items for users.
3. Contact the front desk for inquiries about lost or forgotten clothing and equipment.
4. If you believe your items were stolen, you may file a police report by contacting the Department of Public Safety (856-256-4922). Please notify an on-duty Campus Rec staff member that public safety has been called.
5. This facility is monitored by surveillance cameras. Only Rowan Public Safety has authorization to view security footage.

Recreation Center and Fitness Center: Fitness Area Policies

1. All weights must be controlled to the floor at all times. No slamming or dropping the weights at any time. Each participant is only allowed to have two sets of equipment at a time.
2. Return equipment to its original storage location after use.

3. Bags and other personal items are not permitted in fitness, free weight rooms, and functional training areas. All items must be off of the floor. All personal items must be stored in lockers or cubbies. Fanny packs are available to borrow to carry personal medical supplies.
4. Drinks in non-breakable, spill-proof, sealable containers are permitted.
5. Wipes are available to sanitize upholstery and handles before and after usage. For safety and sanitary purposes, equipment must be wiped off after use.
6. It is under the discretion of the staff to deny equipment usage if they deem the activity performed inappropriate or harmful. Staff reserves the right to prohibit certain exercises or use of equipment for the safety of patrons.
7. If maximum capacity is reached in any area, participation may be limited.
8. Do not operate equipment that has loose or damaged parts. If the machine fails to operate correctly, do not attempt to repair it. If in doubt, do not use the equipment until the machine is checked by a staff member.
9. Users should keep their head and limbs clear of weights and moving parts at all times.
10. Check that all seats are securely locked before using machines.
11. Do not use, adjust, or operate fitness equipment if you are unfamiliar with proper usage. Ask staff for assistance.
12. Oxygen deprivation masks are not permitted. A medical note is required and must be reviewed and authorized by the Director.
13. Use of cardio equipment is limited to 30 minutes when others are waiting.
14. Patrons should allow others to work in between sets while using strength training equipment.
15. Staff reserve the right to inspect and determine if personal equipment is permitted for use in the facility.
16. To promote a safe, respectful, and inclusive environment for all members, verbal loud grunting, yelling, cursing or sound that may interrupt others while weight training is not permitted.

Recreation Center and Fitness Center: Free Weight Room

1. All Fitness Area policies must be followed in the Free Weight Room.
2. Chalk usage is strictly prohibited in any workout area.
3. Placing powders or any other substance on the floor is not permitted. Damage to the floor could result in fees or the closure of the space.
4. All equipment, plates, weights, and dumbbells must be returned to their proper storage rack.
5. Spotters are strongly recommended during heavy lifts.
6. Collars (clips) are required on all plate-loaded bars.
7. Equipment that is easily transferable may be moved from one location to another but must be returned to it's original location after use. (ie. benches, kettlebells, weights up to 50lbs)
8. Plates, dumbbells, and bars are not to be leaned against any wall or on a ledge.
9. Bumper plates are required for any lifts where plates touch the floor.
10. The staff reserves the right to prohibit Olympic-style lifts and explosive exercises during high peak usage times.
11. Individuals are encouraged to allow others to work-in during rest periods.

Group Exercise Room & Cycling Room (Recreation Center)

1. Scheduled recreational programming has priority.
2. The Group Exercise Room is available for individual workouts during free periods on a first-come, first-served basis when programming is not in session. This space may be closed up to 30 minutes before and after classes.
3. Equipment must remain in the Group Exercise Room.
4. All equipment is for use during scheduled classes only, including the stereo/speakers. Use of studio electronics is limited to staff and approved program use only.
5. Use of tape or other marking materials is prohibited.

Functional Training Rooms (Recreation Center)

1. Equipment should be used in its original area and not brought to other areas of the facility.
2. Put equipment back at its original location after usage.
3. Use of equipment other than for its designed function is prohibited.

4. No bags, backpacks, sweatshirts, jackets, or other tripping hazards are allowed on the fitness floor.
5. Appropriate exercise attire and athletic shoes are required in all fitness spaces.
6. Patrons are not permitted to use personal portable speakers (ex. bluetooth speakers), please use personal headphones.
7. Exercise equipment may not be dropped, slammed, or thrown against any floors or walls in the facility. Medicine balls may only be held or tossed into the air and caught.
8. Slamming, dropping, or bouncing of weights (dumbbells & kettlebells) is prohibited.
9. The use of chalk is prohibited.
10. Food is not permitted; non-glass sealable containers are permitted for beverages.
11. Report any equipment concerns to the Campus Recreation staff.

Queenax Functional Trainer (Fitness Center)

1. Scheduled programming has priority.
2. The functional trainer is available for workouts during free periods on a first-come, first-served basis.
3. Gloves are required when using the punching bags and can be checked out at the front desk.
4. Use of equipment other than for its designed function is prohibited.

Gym Courts and Multi-Purpose Area (Recreation Center)

1. Dunking and hanging on the rims or nets are strictly prohibited because of the risk of injury and potential damage to the equipment. Disassembling or moving equipment that has been set up is not allowed. Ask a building supervisor to set up or remove equipment.
2. Campus Recreation approved programming has priority usage.
3. Only on-duty staff have the authority to take down or set up volleyball, pickleball, badminton nets, and indoor soccer goals. Participants should contact the front desk to request this service. Only staff on-duty and pre-approved Sport Club members may enter the storage closets for equipment or cleaning supplies.
4. No gum is allowed. Spitting is strictly prohibited.
5. Court 3 is designated for half court play and shoot around. When courts 1 and 2 are being used for recreational programming during the hours of 6pm-9pm, full court play is permitted on court 3. At all other times, no full court can be played on court 3.
6. Campus Recreation staff reserve the right to govern rules of play, as needed. In the event of crowded courts and waiting players, the building supervisor has the authority to modify games.
7. No hockey sticks of any kind are permitted.
8. Patrons must abide by all policies set forth by Campus Recreation. Such policies may include but are not limited to, regulations regarding equipment that is prohibited due to potential damage to the floor and walls, court assignments, or appropriate attire.
9. Any players who engage in fighting or profanity will be required to leave the facility. Resistance or repeated occurrences may result in the closing of the gym court area or suspension of Campus Recreation privileges. Disciplinary meetings may be conducted with the Dean of Students and/or Office of Community Standards depending on severity.
10. Only non-marking, closed-toed shoes and balls are permitted.
11. Use of tape or other marking materials is prohibited.

Track (Recreation Center)

1. Walkers should stay on the inside lanes (closest to the railing). Runners pass on the outside lane.
2. Users should not use walls, railings, or door handles as stretching aids. Stretching can be done in other areas.
3. Unsupervised children are prohibited on the track.
4. All users must follow directional signs. The direction is changed regularly.
5. Standing or spectating is strictly prohibited.
6. One mile equals eleven laps in the outside lane.

Racquetball Courts (Recreation Center)

1. Safety goggles are highly recommended for all participants and required for ages 15 and under.
2. Racquetball racquets are required to have bumper guards and wrist ropes/straps.
 1. Racquetball racquets and balls may be rented from the front desk.
 2. All bags/clothing must be cleared from the hallway floor. Belongings must be stored in cubbies or lockers.
 3. Only non-marking court shoes and balls are allowed.
 4. Only racquetballs, wallyballs, or Campus Recreation issued dodgeballs are permitted to strike the walls.
 5. The following non-damaging equipment is permitted in the Racquetball Courts:
Stability balls, badminton racquets, mats, resistance bands, bosu balls, jump ropes, steppers, and risers.
 6. Racquetball and wallyball have priority.

Pool (Recreation Center)

1. All persons showing evidence of skin disease or an infectious condition will be refused admission to the pool. This includes individuals with open sores, cuts, or bandages.
2. Glass containers, soap, lotion, or other materials which might create hazardous conditions are not permitted in or around the pool.
3. Swimmers must use headphones or earbuds while listening to personal music.
4. No flotation devices or water toys are permitted aside from kickboards, water wings, and pull buoys, except during designated or approved programs.
5. The following are strictly prohibited: running, pushing, and unsafe play; spitting, spouting, or regurgitating water; pulling, sitting, tugging, or hanging on lane lines, and any other similar types of acts generally considered unacceptable pool behavior.
6. Diving
 - a. Use of starting blocks is prohibited
 - b. No diving in shallow areas and where marked 'NO DIVING'
 - c. Backflips and inward or reverse dives are prohibited
7. Proficient swimming ability is required to swim in deep water areas. Lifeguard(s) on duty are permitted to request that participants demonstrate swimming capabilities before using pool or pool equipment.
8. Children under the age of 15 must be supervised by an adult.
9. No one under the age of 5 is permitted in the pool except during designated or approved programs.
10. Non-swimming children must have an adult in the pool with them.
11. Personal conduct must promote the safety of self and others.
 - a. Swimmers are expected to remain alert and respect the staff's instructions.
12. No extended underwater breath holding, hyperventilation, or hypoxic training- an extended period is 20+ seconds or a distance of 25 yards.
13. Health policies require all swimmers to shower before entering the water.
14. No one is allowed in the pool area without the presence of a certified lifeguard.
15. No gum or adhesive bandages are allowed in the pool.
16. All hair clips, pins, and jewelry must be removed before entering the pool.
17. Do not enter the water if you are experiencing or recovering from diarrhea or have had any signs or symptoms of gastrointestinal (stomach) disease in the past 7 days.
18. Children should be encouraged to use the restroom before entering the water. Immediately report any "accidents" you observe in the bathing waters to a lifeguard.

Swimwear requirements

1. All individuals, both on the pool deck and in the swimming pool, must wear proper swim attire up to the discretion of Campus Recreation staff.
2. Infants and toddlers are required to wear a swim diaper.
3. Individuals can wear clean shirts and sarongs on the pool deck only. They must also wear proper swim attire underneath these clothing items.

4. Underwear and other undergarments are not allowed to be worn under swimsuits.

Varsity Swim

The Varsity Swim Team uses the Campus Recreation pool for practices and meets. During these times recreational swim time is not available.

Circle Swim Etiquette

1. Circle swimming requires swimmers to follow a circular pattern, swimming on the right-hand side of the lane at all times except to pass. Passing should not be done near the wall.
2. Lap swimmers are required to circle swim when lane use exceeds three persons.
3. Lanes with two persons may split down the middle.
4. Lifeguards have the final authority to dictate lap swimming arrangements.

Diving Area (Recreation Center)

1. Only one person is allowed on the diving board at a time.
2. Individuals may not touch or adjust the diving board fulcrum.
3. The 3-meter diving board is not available.
4. Swimming is prohibited under diving boards or in areas where diving activities are taking place.
5. Hanging from diving boards is prohibited.
6. Divers must check the area in front of the diving board before diving.
7. Backflips, inward, and reverse dives are prohibited.
8. Divers may not wear goggles, flotation devices, or use toys while diving.
9. Diving is prohibited when lane lines are in the pool underneath the diving boards.
10. Double bouncing and or excessive bouncing is prohibited.

Intramural Turf Field

The field is available for use by students, faculty/staff, and Campus Recreation members for informal recreation during designated hours and scheduled events. All patrons must show a Rowan University ID or Campus Recreation I.D. card if requested. Campus Recreation programs and events have priority usage of the field. Anyone under the age of 15 must be accompanied by an adult.

The field may be closed at any time due to inclement weather, excessive heat, and emergencies without prior notification. During Winter and Summer break, the Intramural Field will be closed and locked but can be requested to be opened by our staff for any rentals and also by paid members or students with valid access. Every attempt will be made to communicate field closures when possible.

Safety and Injury Protocol

The field will be monitored for scheduled programs and events. Please notify the staff member on duty for any emergencies, injuries, incidents, or questions. During unsupervised informal recreation, using outdoor facilities is at one's own risk. Please call Rowan Public Safety at 856-256-4911 in case of an emergency.

Intramural Turf Field Policies, strictly prohibited:

1. Food, gum, sunflower seeds, nuts & drinks other than water.
2. Glass of any kind
3. Metal cleats (including metal tipped), bare feet, and high heels.
4. Golfing, archery, throwing activities with sharp tips, hitting, throwing, or kicking balls against the fence.
5. Motor vehicles, bicycles, skateboards, inline skates, or scooters inside the field or attached to the fence.
6. Grilling, propane, open flames, or fireworks.
7. Spray painting or chalking lines without prior approval.
8. Moving, altering, dragging, or removing equipment without prior approval.

9. Staking items, tables, chairs, or any other items that may penetrate the surface.
10. Conducting structured activities without departmental authorization.
11. Application of suntan lotions, oils, or creams of any kind while in the turf area.
12. Amplified sound shall comply with all applicable University policies, including the Student Code of Conduct.
13. Amplified sound shall not contain obscenity, defamation, fighting words, true threats, or harassment.
14. Only university approved service pets are permitted on the field. Pet owners are responsible for any and all damages incurred.
15. The field will be monitored for scheduled programs and events. Please notify the staff member on duty for any emergencies, injuries, incidents, or questions. During unsupervised informal recreation, using outdoor facilities is at one's own risk. Please call Rowan Public Safety at 856-256-4911 in case of an emergency.

Outdoor Courts

The Outdoor Courts are open to Campus Recreation members and students. All patrons must show a Rowan University ID or Campus Recreation I.D. card if requested.

1. Fee-based instruction requires approval through Campus Recreation.
2. Food, chewing gum, and glass containers are prohibited.
3. No hanging from rims, nets, or goal supports.
4. Users are responsible for the cleanliness and disposal of all trash properly.
5. No painting, chalking, tape, or other adhesive material shall be placed on the courts' surface.
6. Only wear footwear with non-marking soles.
7. Anyone under the age of 15 must be accompanied by an adult.
8. Please report any vandalism or damage to the Recreation Center at 856-256-4900.
9. The outdoor courts may be deemed 'unplayable' at any time by the staff. During this time period, activity is suspended or canceled until further notice to avoid further damage to the court, the facilities, or the risk of injury to patrons.
10. Department scheduled events, programs, and academics have priority. The court is on a first-come, first-served basis during the open recreation. Please limit play to one hour if other participants are waiting.
11. Only university approved service pets are permitted on the field. Pet owners are responsible for any and all damages incurred.
12. Skateboarding equipment can only be used on the far left court nearest the sand volleyball court.

Sand Volleyball and Tennis Courts

The Sand Volleyball and Tennis courts are open to the community, with priority given to registered Campus Recreation members and students. All patrons must show a Rowan University ID or Campus Recreation I.D. card if requested.

1. Fee based instruction requires approval through Campus Recreation.
2. Food, chewing gum, and glass containers are prohibited.
3. Grabbing, pulling, or hanging on the net is not permitted.
4. Users are responsible for the cleanliness and disposal of all trash properly.
5. Anyone under the age of 15 must be accompanied by an adult.
6. Please report any vandalism or damage to the Recreation Center at 856-256-4900.
7. The courts may be deemed 'unplayable' at any time by the staff. During this time period, activity is suspended or canceled until further notice to avoid further damage to the court, the facilities, or the risk of injury to patrons.
8. Department scheduled events, programs, and academics have priority. The courts are open on a first-come, first-serve basis during the open recreation. Please limit play to one hour if other participants are waiting.
9. Only university approved service pets are permitted on the field. Pet owners are responsible for any and all damages incurred.

