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Rec Sports offers a wide range of recreation activities designed to meet the interests of the students and the University community. Affiliates include students, faculty/staff, UM retirees, and alumni. In addition, university affiliates may sponsor non-affiliated adults for a membership at the specified rate. Current UM students have access to all of the facilities when they pay their student activity fee each semester. University affiliates are eligible to purchase memberships at specified rates.

Members have access to the Central Campus Recreation Building (CCRB), Intramural Sports Building (IMSB) and North Campus Recreation Building (NCRB), numerous programs that require no extra fee, including use of over 270 pieces of cardio equipment, over 220 pieces of weight equipment, equipment check-out, unlimited drop-in use of basketball, volleyball, racquetball courts, and two indoor tracks, and three indoor pools. Members can register to play in a variety of intramural sports and participate in club sports.

IDENTIFICATION CARD REQUIREMENT

Each person must present a valid M-Card to the entrance monitor. If the system does not validate the ID, the cardholder will not be admitted. If the cardholder believes the rejected M-Card should be accepted, they may check with the Main Office personnel. Unauthorized entry is considered trespassing and may result in criminal charges being filed.

WHO IS ELIGIBLE FOR MEMBERSHIP?

STUDENTS

Currently enrolled UM students have access to all of the facilities when they pay their student activity fee each semester. A UM student not enrolled for the current semester, but enrolled in the previous term or upcoming semester or has a letter of acceptance for the upcoming semester, is eligible to purchase a Continuing Student membership.

PhD candidates and Graduate Students not enrolled for the current semester may purchase consecutive semester Continuing Student memberships while they remain candidates/graduate students.

Current UM Flint or UM Dearborn student may also purchase a Continuing Student Pass or may sponsor themselves for a daily guest pass.

FACULTY/STAFF

UM faculty/staff, including Flint and Dearborn campuses, are eligible to purchase a membership.

SPONSORED ADULTS OF FACULTY, STAFF, STUDENTS

Individuals (18 and over) who are sponsored by a Rec Sports member are eligible to purchase a membership. The sponsor must accompany the individual to purchase and/or renew membership. A Rec Sports member may sponsor unlimited persons for a sponsored adult membership. Sponsored Adult members are not eligible to sponsor others for membership, including family members.

UM RETIREES

Retirees may present their UM retiree's card to use the recreational facilities following the same procedures as faculty/staff. This policy also pertains to retirees' spouses and to the surviving spouses of faculty/staff at UM.

ALUMNI

All UM Alumni are eligible to purchase a membership.

CHILDREN OF FACULTY/STAFF/STUDENTS

Children (under 18 years) of faculty/staff/students are eligible for membership with limited access to facilities.

ADULT DEPENDENTS

Children of faculty/staff/students (ages 18-25) who reside with parent/guardian are eligible for membership with no access limitations to facilities. The parent/guardian must be a Rec Sports member.

REC SPORTS ... A PART OF YOUR HEALTHY LIFESTYLE!

PURCHASE A MEMBERSHIP

You can purchase your membership at the CCRB, IMSB or NCRB during Office hours. All you need is your valid M-Card or proof of University affiliation. You can pay with check, cash or credit card. Faculty and staff can use payroll deduction. To renew a membership, the member can do so by stopping by or calling one of the Rec Sports Main Offices (CCRB, IMSB, NCRB) during Office Hours or go online with a credit card.

When a Sponsored Adult or Alumni membership is purchased, the individual must obtain an M-Card at one of the following sites: CCRB Main Office, Central Campus Entrée Office, North Campus Entrée Office or Wolverine Tower. Please visit www.recsports.umich.edu for the current fee schedule policies and procedures on our Web site under membership.

IDENTIFICATION CARDS

Upon payment of the membership fee, all adult and dependent members must have a picture identification card processed (M-Card). The M-Card must be presented upon entry to all Department of Recreational Sports facilities. M-Cards are non-transferable.

DAILY GUEST PASSES

Rec Sports members, UM students (all campuses), UM faculty/staff (all campuses) may purchase daily guest passes for themselves and up to four guests. The guest pass is valid for use at any Rec Sports facility on the same day in which it was purchased. A picture ID is required to purchase and to use the guest pass. This pass may be used to re-enter any Recreational Sports facility on the same day on which it was purchased.

FORGOTTEN ID

Members forgetting their valid M-Card may gain access to the facilities by presenting a form of pictured identification (such as driver's license) and purchasing a Forgotten ID Pass. The cost is \$10, of which \$8 is refundable when the member presents their valid M-Card along with their copy of the Forgotten ID Pass to office personnel within seven calendar days of the purchase date. This pass may be used to re-enter any Recreational Sports facility on the same day on which it was purchased.

LOST M-CARD

If an M-Card is lost, the member must purchase a new M-Card for a replacement cost of \$20. If a lost card is found after a new one has been purchased, the lost card is not valid, may not be used, and will be confiscated by the Recreational Sports staff.

STOLEN M-CARD

If an M-Card is stolen, the replacement fee of \$20 will be waived upon presentation of a police report and/or police report number.

COURTESY PASS

This is a complimentary pass that is issued to individuals when they purchase membership to the Department of Recreational Sports facilities. This pass allows the member to bring a guest to any of the Department of Recreational Sports facilities for one complimentary visit. A photo ID is required by the person using the Courtesy Pass.

CONFERENCE USER PASS

Conference/Seminar groups, management programs, and visitors to the University may utilize the Department of Recreational Sports facilities for the following rates:

- \$10 per day per person, or
- \$30 per 7-day-week per person.

Call 763-3084 or stop by the CCRB to arrange for the conference passes.

LOCKER INFORMATION

Members interested in renting a locker should contact the Business Office at either the CCRB, IMSB or NCRB. Lockers are available on a monthly, 4 month, 12 month or perpetual basis.

PERMANENT LOCKER & TOWEL SERVICE

- Lockers are sold on a first-come, first served basis.
- Keys will be provided for locker rooms having locked doors.
- Permanent locker holders may obtain a daily locker and towel service in any Department of Recreational Sports facility at no additional charge. When requesting a daily locker, please show your valid M-Card.
- Upon expiration of your locker, clear all personal items from the locker. Return your towel and locker room key to the Equipment Room Manager on or before the expiration date of the locker.
- Failure to clear out or renew the locker will result in the removal of all locker contents. Locker contents will be cleared by Department of Recreational Sports staff. Toiletries and water bottles will be discarded.
- Lockers are non-transferable. The department will not provide information about your locker to another person.
- Personal locks are NOT allowed on permanent and/or daily lockers. Such locks will be removed. The Department of Recreational Sports will not be held accountable for the cost of any personal locks removed from Recreational Sports lockers.
- Staff are prohibited from keeping guests' personal items such as keys, IDs, umbrellas, back packs, coats, etc behind the counter for any reason.

DAILY LOCKER & TOWEL SERVICE

- Daily lockers are rented at the Equipment Rooms of each facility at the following rates:
 - \$1.50 per usage with towel
 - \$1.00 per usage without towel
- Daily towels are rented at \$0.50 per towel without locker.
- If a key to a daily locker is lost, a fee of \$10.00 will be charged.
- When a daily locker key is kept beyond the day of use and a new lock has been installed, a \$10.00 fee will be charged.

DAILY LOCKER SERVICE

Members may purchase a daily locker pass for the price of a permanent locker. This entitles the holder to the daily use of a locker and towel throughout the time purchased in all Department of Recreational Sports facilities.

RETRIEVING LOCKER CONTENTS

A \$10.00 fee will be charged to retrieve locker contents that have been removed from a permanent, daily, or coin-return locker. Contents must be retrieved within 30 days of locker expiration.

LOCKER ROOM AREAS

Lockers are available for men and women at each of the indoor facilities. No child over the age of 5 may be brought into the locker room or restroom of the opposite sex.

It is recommended that facility users not bring valuables into the facilities. No valuables should be locked in lockers. The Department of Recreational Sports is not responsible for any lost, stolen, or damaged personal items.

COIN RETURN LOCKERS

Coin-return (25-Cent) lockers are available in all indoor Department of Recreational Sports facilities. These lockers are for use during building hours and not for overnight storage.

FACILITY USAGE GUIDELINES

Facility Guidelines have been created to provide for the well being of participants. The Facility Operations team welcomes your questions and concerns.

DROP-IN PROGRAM

The Drop-In Program features a variety of self-directed recreational activities. Facility space and time are made available for use on a drop-in basis. Participation in activities requires neither team affiliation nor the commitment resulting from structured play. With increased emphasis on total wellness, fitness and the pursuit of healthy lifestyles, the Drop-In Program appeals to the busy lifestyle of the University community. Drop-In activities include badminton, basketball, boxing (speed bag and heavy bag only), dance, general exercise, handball, martial arts, racquetball, squash, swimming, table tennis, volleyball, wallyball, and weight training. Check the Drop-In Schedule for more details.

EQUIPMENT CHECK-OUT

Items such as basketballs, soccer balls, footballs, volleyballs, and jump ropes are available at the equipment rooms within each facility for check-out by facility users without charge (except for breakage or loss). Other equipment such as racquets are available for a minimal rental charge. Equipment may be checked out by presenting your M-Card to the Equipment Manager. For guests to check out equipment, they must present the Equipment Manager their Guest, Conference, or Courtesy Pass and a picture ID. Equipment users are responsible for the replacement costs of any item that is lost, stolen, or damaged.

EQUIPMENT SALES

Available for purchase within each facility are sport items such as T-shirts, shorts, socks, racquetballs, handballs, and paddleballs. Bottled water and batteries are also available for purchase. Prices for these items are available at each equipment room.

LOST & FOUND

Lost and found items are forwarded weekly to the UM Department of Public Safety. Most unclaimed clothing items are donated monthly to a local charity.

PARTICIPANT CONDUCT

Participants are expected to be courteous to other facility users and to follow facility rules and instructions from Department of Recreational Sports staff. Facility users who engage in behavior or actions that might damage equipment or facilities may lose their privileges. The staff and participants of the Department of Recreational Sports appreciate your cooperation in making our facilities a friendly and positive environment for recreational and social opportunities. Vulgar, obscene, abusive, derogatory or demeaning comments and gestures are not consistent with a positive environment. We appreciate your support in continuing the positive environment that exists in the Recreational Sports facilities.

APPROPRIATE PARTICIPANT DRESS

Patrons are asked to wear appropriate athletic attire while working out or participating in activities. Athletic shoes with non-marking soles are required in all activity areas. No turf shoes are permitted on hardwood activity floors. Males must wear shirts in all activity areas except the pool and on basketball courts. Swimming apparel is not permitted in any activity area other than the pool.

ORGANIZED ACTIVITIES**PRIVATE INSTRUCTION AND/OR COACHING INSTRUCTION**

Facilities are for recreational use only. Coaching, instruction and organized activities other than those approved by the Department of Recreational Sports are prohibited. Private instruction and/or coaching, whether paid or unpaid, is not allowed in any of our facilities. Only MFit Personal Trainers are allowed to train clients.

CELL PHONES

Please be respectful of others, keep your cell phone calls to a minimum. If calls must be made/answered, this should be done in the hallway or lobby area of the building. Cell phone use is not allowed in locker rooms.

PICTURE AND VIDEO RECORDING

The taking of pictures or video recording is not allowed in Recreational Sports facilities or fields without authorization from the Facility or Program Director. Once authorization is received, permission to be photographed or video recorded must also be obtained from the participants.

PROHIBITED WHEELED ITEMS

Bicycles, roller skates, roller blades, skateboards, Segway Human Transporters, and all like equipment are prohibited at all indoor facilities.

VIOLATIONS

Violators may be ejected from the facility. Persons involved in serious incidents or repeat offenders will be subjected to sanctions under the Student Code of Conduct. Non-student offenders or repeat offenders will be subject to sanctions by the Facility Manager or by the Director of Recreational Sports. Sanctions may include, but are not limited to, suspension from facilities, revoking of membership privileges, student disciplinary sanctions or civil prosecution.

CARDIO ROOM POLICY

- Individuals must be 13 years of age to utilize these areas. Children 13-18 must be directly supervised by their parent/guardian.
- Please wipe down equipment after use.
- Please store gym bags, purses, and clothes in lockers/cubbies.
- Food and tobacco products are prohibited. No glass bottles are allowed.
- Pitch in - please don't litter.
- Shirts and closed toe shoes required on all workout floors. No boots or other hard-soled shoes are allowed. No open-toed, open-heeled shoes are allowed.
- When others are waiting, there is a 30-minute time limit on a machine.

WEIGHT ROOM POLICY

- Children 13-18 years of age must be directly supervised by their parent/guardian. Children under 13 are prohibited.
- Rack your weights and dumbbells.
- Do not leave weight plates and bars on the floor or lean against the wall.
- Weight plates and dumbbells must stay in the weight room.
- Please do not drop weight plates or dumbbells to the floor.
- Please wipe down equipment after use.
- Please store gym bags, purses, and clothes in lockers/cubbies.
- Staff members are prohibited from keeping guests personal items.
- Food and tobacco products are prohibited. No glass bottles are allowed.
- Pitch in - please don't litter.
- Above the head lifts are not permitted.
- Spotters are strongly recommended when using the free weights.
- Shirts and closed toe shoes required on all workout floors. No boots or other hard-soled shoes are allowed. No open-toed, open-heeled shoes are allowed.
- Barbell Collars must be used at all times.
- Make sure all seats are secured and all pins in place.
- Check all cables. If damaged or frayed, please report to the weight room manager.

POOL POLICY

- All swimmers must wear appropriate swimming apparel. Bermuda shorts, cutoffs, etc., are unacceptable.
- Children under the age of 18 years may only use the pool with direct supervision of a parent/guardian.
- Everyone must take a soap shower before entering the pool.
- Any person suffering from an infection of the skin, eye, nose, mouth or ear cannot enter the pool.
- NO DIVING ALLOWED.
- Swimming aids such as eye goggles, kickboards, pull buoys, swim fins and hand paddles are allowed.
- Lane splitting and circle swimming policies are posted at all Recreational Sports pool areas. Please read and follow the posted policies.

SAUNA POLICY

- The temperature is between 160 and 190 degrees.
- Persons suffering from heart disease, or high or low blood pressure, should not enter the saunas.
- Children under the age of 16 years may only use the saunas with direct supervision of a parent/guardian.
- Parents should be advised that there are additional risks and hazards related to children's use of saunas.
- No sweatpants or shirts are allowed in the sauna.

COURT RESERVATION POLICY

- Call appropriate reservation number at listed times the day before play.
- Reservations are taken in person or by phone for members only.
- Only one reservation per person/group per day, per sport is allowed.
- Tournaments are not allowed during Drop-In court reservation time unless scheduled through the Department Rental Program. Call (734) 936-0616 for more information.
- In the case of an accidental double reservation, the court in question will become a challenge court, and neither party will have any priority.
- For a court designated for a particular sport, the designated sport has priority over any other sport playable in that court.
- Confirm that your reservation is on the reservation sheet at the Main Equipment Room. For badminton, basketball or volleyball reservations, check the reservation sheets in the Main Gym.
- You must secure a reserved court no later than ten minutes after the reservation time. Unclaimed courts become open courts.

OPEN COURT POLICY

- Courts are available on a first-come, first-served basis.
- Determine your priority by checking with other waiting players.
- At least one player must wait by the court to maintain priority.
- Courts change on the half hour, regardless of how long you have been on the court (top and bottom of each hour).
- Persons/groups waiting at court at change times get the court(s).
- If you enter the court before the half hour, you lose priority and must leave at the half hour.

CHALLENGE COURT POLICY

- Priority is based on a first-come, first served order.
- Determine who has priority ahead of you.
- Stay by the court. If you are not present you will lose your priority.
- After one match, the losing player/team must vacate the court.
- In the event of three consecutive wins, the winning player/team must also vacate the court.
- Persons waiting to play have priority over persons already playing.
- When a team lacks the required minimum number of players, persons waiting have priority for selection to a team.
- For a court designated for a particular sport, the designated sport has priority over any other sport.

FIELD/BUILDING RESERVATIONS

- Complete the Facility/Area Reservation Request Form that is available at all Recreational Sports facilities and on our web site. Please allow 10 business days to process your request.
- Tournaments are not allowed during Drop-In court reservation time unless scheduled through the Department's Rental Program.
- Elbel, Mitchell, Palmer Field, and the Sports Coliseum are available for rentals and reservations for a nominal fee when they are not in use for club or intramural sports.
- CCRB, IMSB, and NCRB are available for limited rentals.
- Call (734) 936-0616 to inquire about reserving space.

SAFETY ISSUES

The Department of Recreational Sports reserves the right to immediately stop any activity that staff considers unsafe or in violation of Department policies. This applies to all activities happening in any indoor or outdoor Recreational Sports space.

EXERCISE PRECAUTIONS

Because exercise is a stress placed on the body, certain precautions should be considered. Participants are encouraged to get a physical exam prior to engaging in vigorous exercise. Users who are over age 40 and/or have any ailment or special condition(s) which may increase risk of heart disease are strongly encouraged to consult a physician prior to engaging in exercise.

INSURANCE/LIABILITY

Inherently, many recreational sports activities present the possibility of injury. Participation in programs is voluntary; individuals assume responsibility for their own safety and health. All individuals who intend to participate in vigorous activities should, for their own protection, have a physical examination to determine if they are able to participate. Medical insurance, which would cover expenses incurred by an injury, is strongly recommended.

FIRST AID/INJURY

Each Recreational Sports facility is equipped with first aid supplies for minor injuries. When an injury does occur, it should be reported to the Main Office staff or to a supervisor in the building or field where the injury occurred.

The CCRB, IMSB and the NCRB are equipped with Automated External Defibrillators (AED).