

UNH Hamel Recreation Center Policy Handbook

Spring 2017

Policies have been established by the University of New Hampshire Campus Recreation department for the Hamel Recreation Center (HRC) to ensure fair and consistent treatment of all participants. Questions about policies should be directed to a Campus Recreation staff member. It is each participant's responsibility to read and understand all policies related to the facilities and programs.

Facility Entry and Exit

Except in case of emergency, participants must enter and exit the HRC through the main entrance by the Welcome Center.

ID Policy

UNH ID's or Recreation Passes should not be used by anyone but the owner. **DO NOT LEND YOUR CARD TO ANYONE ELSE.** It will be confiscated. Using a false ID will result in a 2-week suspension for both the user and the person owning the ID.

If a student or Rec pass holder **forgets their ID**, they may request that the Welcome Center staff look up their eligibility for entry in the computer access system. The access system allows a limit of 2 look ups per semester before a guest pass must be purchased.

Daily Guest Passes

Daily guest passes may be purchased to access the facility at the Welcome Center counter for \$11.00 and are valid for the entire day it is issued. You must be 18 years or older to purchase guest passes. You must have a valid photo identification to purchase a guest pass. Guest passes are not refundable.

Personal Conduct

- Abusive behaviors and profane language is prohibited within the facility. The staff reserves the right to request that individuals leave the facility if such behavior occurs.
- Participants will be billed for any damage caused to the facility and equipment through misuse.
- Individuals who do not follow HRC policies may have their Hamel Rec Center privileges suspended and their behavior reported to the Office of Community Standards.

Attire & Footwear

- Proper attire is required when using the facility. Clothing without rivets, metal, or exposed zippers (no denim or khaki material) is appropriate to protect participants and equipment from damage.
- Only non-marking soles are permitted on the playing surfaces.
- Bare feet, socks and open toed shoes are not permitted.

Prohibited Items and Activities:

- Food, gum & beverages other than water in a bottle with a lid. Exceptions can be made for special events and classes.
- Chewing tobacco and smoking
- Bicycles, strollers, in-line skates, and longboards
- Sparring, except during approved Sport Club activities
- Animals (except service animals)
- Use of the facility under the influence of alcohol or other drugs
- Posting announcements, flyers, posters, etc. on HRC walls, windows, lockers, and/or doors, unless prior permission is granted by Campus Recreation professional staff

Locker and Towel Use

- Don't leave valuables unattended! Thefts have occurred. Take advantage of free daily lockers located throughout the HRC. Locks are available at the Welcome Center. Long term locker rental is available for lockers inside the locker rooms. The Campus Recreation Department is not responsible for personal items lost/stolen.
- Day locks are issued at the Welcome Center on a first come, first served basis. There is a replacement fee of \$8.00 for lost locks.
- Only locks issued by the UNH Campus Recreation may be used on the lockers. Personal locks will be removed.
- Towels are available to checkout from the Welcome Center. Replacement cost for towels is \$10.00 per towel.
- A limited number of lockers are available for rent by the semester for students or monthly for faculty/staff/community members from the Welcome Center. Locker rental includes a lock which must be used on the locker.

Fitness Spaces

- Users must be at least 18 years of age or a UNH student in order to work out in the Fitness areas.

- Instructions for use of all equipment are posted on the machines, or ask the Fitness Assistants for more information.
- Personal training conducted by anyone other than a Campus Recreation employee is prohibited.
- Clothing or towel must be used between any exposed skin and a matted surface. This minimizes the transmission of disease.
- All equipment must remain within the fitness space. Do not move equipment to another part of the facility.
- Do not lean weights or equipment against walls, pillars, or mirrors.
- Only the designated Slam Wall area can be used to throw appropriate equipment against the wall.
- Bar Collars must be used at all times.
- Slamming or dropping weight stacks, plates, or dumbbells is prohibited.
- Use of chalk is prohibited.
- Rerack weights in their proper location.
- Utilize cleaning spray and towels to clean any machines and matted surfaces used.
- Olympic Lifting Platforms:
 - Bumper Plates can only be used on the Olympic Lifting Platforms
 - Only one person is permitted at one time on an Olympic Lifting Platform
- Barbells can only be used in Power Racks, Deadlift Platforms, and Olympic benches
- Misuse of equipment is prohibited and participants will be billed based on any damage.
- Please report any equipment malfunctions or medical emergencies to the staff.

Track

- The running track is for runners, walkers, and wheelchair users, etc. Bicycles, skateboards and inline skates are not allowed.
- Slower paced users should position themselves to the inside of the track; runners to the outside.
- Signs above the track indicate the daily directional flow of traffic.
- No spitting on the track or into water fountains.
- Stretching areas are available outside of the track. Railings are NOT to be used as stretching aids.
- Watching first-floor activity from the track is prohibited. Exceptions may be made in advance for special events.

MAC Courts & West Gym

- All courts are open for play unless an activity is scheduled.
- Sport equipment is available at each court.
- Dunking the basketball or grabbing the rim are not permitted.
- Misuse of equipment is prohibited and participants will be billed based on any damage.

When others are waiting the following court system will be used:

- When others are waiting to play, a player/group may use the court for a maximum of two consecutive games.
- All basketball games will be played to 11 points; volleyball to 15 points. Floor hockey and soccer will be played to 3 points.
- At completion the winners may stay to play the next opponents. Upon a second consecutive win by the same group, both groups are replaced by the two waiting groups.

Bouldering Wall

- Shoes must be worn
- More coming

Racquetball/Squash Courts

- Courts are reserved by the hour by going to crec.unh.edu/courts. Court time may be reserved up to 24 hours in advance. Individuals may reserve only one hour of play per individual per day.
- The reserved court must be claimed within 10 minutes of reservation time. A reserved court that appears to be vacant may be used until the person who reserved it arrives. To ensure a court is vacant, an individual should check at the Welcome Center or by checking on line schedule.
- Protective eyewear is strongly recommended and available at the Welcome Center free of charge.
- Everyone is expected to keep the courts in excellent condition by both obeying and helping to enforce all regulations. Players should refrain from hitting the walls or floors of the courts with the racquet.
- Only racquetball, squash, and walleyball equipment is permitted on the courts. Equipment such as racquetballs, squash balls and gloves may be purchased at the Welcome Center.

Studio 1, 2, and 3

- Studio spaces are only used during approved programs. No informal activity is permitted in the Studios.

Reservations

All activity areas are available for participants to utilize. Organized group activities are only permitted to take place by having an approved reservation. Organized group activities are characterized by several elements including all participants arrive at the same time, participants wear similar attire, a leader facilitates the activity, all participants are doing the same workout, and the activity takes place at a regular time.

Recreation facilities may be exclusively reserved and rented for special events and meetings by students and recognized university organizations. A facility reservation should be completed online at <https://crec.unh.edu/Facility> at least two weeks in advance of the event.

Reservations are subject to availability on a first come, first served basis. Once the request is approved, a signed Use Agreement, certificate of insurance and State of NH background check (if applicable) must be provided. The sponsoring organization will be responsible for restoring the facility to its pre-reservation condition unless prior arrangements have been made. The sponsoring organization will be billed for the purchase and/or repair of any damages or lost equipment.

Lost & Found

Items turned in to “Lost and Found” will be held for 30 days. Wallets will be turned over to the UNH Police Department.

Contact Information

Assistant Director for Facilities: David Leach, David.Leach@unh.edu, (603) 862-2056

Coordinator for Member Services: Jacki Vandergon, Jacki.Vandergon@unh.edu, (603) 862-4585