Fike Recreation Center
Policies and Procedures
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# CAMPUS RECREATION

## CAMPUS RECREATION DEPARTMENT VISION STATEMENT

**We** believe everyone has the potential to positively impact the world.

## CAMPUS RECREATION DEPARTMENT MISSION

The Department of Campus Recreation strives to provide quality recreation experiences to the students, faculty, and staff of Clemson University through its programs and facilities. These experiences afford the diverse campus community opportunities to interact while participating in a wide variety of instructional and competitive activities that promote the development of the mind and body.

## CAMPUS RECREATION LOCATION / PHONE NUMBERS / ADDRESSES

**Mailing Address:**

**Clemson University**  
**Campus Recreation**  
**110 Heisman Street**  
**Clemson, SC 29634**

<table>
<thead>
<tr>
<th>Service</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Center – General/Membership Inquiries</td>
<td>(864) 656-3453</td>
</tr>
<tr>
<td>Aquatics</td>
<td>(864) 656-0901</td>
</tr>
<tr>
<td>Fitness and Wellness</td>
<td>(864) 656-7617</td>
</tr>
<tr>
<td>CORE</td>
<td>(864) 656-0892</td>
</tr>
<tr>
<td>Club Sports</td>
<td>(864) 656-5492</td>
</tr>
<tr>
<td>Intramural Sports</td>
<td>(864) 656-6200</td>
</tr>
<tr>
<td>Campus Beach Football Parking</td>
<td>(864) 656-4699</td>
</tr>
<tr>
<td>Facility Reservations</td>
<td>(864) 656-3373</td>
</tr>
<tr>
<td>Sponsorships</td>
<td>(864) 656-1140</td>
</tr>
</tbody>
</table>
GENERAL GUIDELINES

Campus Recreation staff reserve the right to ask patron to leave and deny facility/program access for rule violation. Violations require individual(s) to meet with Campus Recreation staff prior to further facility access/program participation. Individuals must make an appointment during normal business hours. If the Associate Director of Facilities Operations is unavailable, another staff member in the organizational reporting line will facilitate the meeting. At the conclusion of the meeting, the individual will receive written notification of any applicable suspension. Staff may also refer students to the Conflict Resolution and Student Conduct Services office for further investigation and discipline.

Individuals may appeal the decision by filing a Disciplinary Appeal Form with the Director of Campus Recreation, and/or their designate(s), within seven days of the date of the disciplinary sanction. It is the responsibility of the participant to provide concrete reasoning as to why the disciplinary action is too severe. All sanctions will remain in place through the appeal process. The acceptable standards for appeal are: harshness of sanction or lack of due process. Situations or circumstances not covered in Policy Handbook will be addressed and resolved by Campus Recreation staff.

Guidelines apply to department programs and service locations:
- Fike Recreation Center
- Upper and Lower Intramural Fields
- Campus Beach and Recreation Area
- Club Sport Fields
- Other campus program venues
- Off-campus program venues

ASSUMPTION OF RISK

- Participate at your own risk. Clemson University and Campus Recreation are not responsible for financial costs related to health services resulting from illness or injury incurred during use of Campus Recreation facilities or participation in program activities. It is recommended that participants secure accident insurance/coverage prior to exercising or program participation.
- Participants in high risk activity classes are required to sign waivers.

PHOTOGRAPHY/POSTING

Prior permission from Campus Recreation staff must be obtained to photograph or video any Campus Recreation activities/programs/participants. Please see the Welcome Center to obtain permission. Campus Recreation has priority for ad space on digital signage within all Campus Recreation facilities for displaying information about departmental programs and services.
Guidelines for images to be considered for display include the following:

- Must be **1024px** in width by **636px** in height.
- Must follow the Clemson University branding guidelines which can be found at [clemson.edu/guidelines](http://clemson.edu/guidelines).
- Must be approved by the Marketing and Communications Coordinator.

Campus Recreation reserves the right to reject an advertisement based on certain criteria which include, but are not limited to, design, content and image specifications.

Advertisements to be considered for posting are to be submitted for review to the Marketing and Communications Coordinator at etheys@clemson.edu.

Information to include in email: Contact information, information about organization, event details (if applicable), image file and desired duration of advertisement display.

**FACILITY RESERVATIONS**

Fike Recreation Center meeting/activity space may be reserved. Information about reserving and/or renting space can be obtained [here](http://clemson.edu), or by calling (864) 656-3373.

Reservation requests may be submitted up to a year in advance, and they will be considered in order of the date received and in keeping with the following priority:

- Campus Recreation, CU academic classes, Student Affairs, the President’s Office
- Registered Student Organizations (RSO’s)
- University affiliated programs/events
- Non-University affiliated programs/events

Requests for facility or field use from priority groups 2-4 will be confirmed according to the following schedule:

- no sooner than April 1st for Fall Semester
- no sooner than October 1st for Spring Semester
- no sooner than March 1st for Summer Sessions

Exceptions: Groups/organizations that sponsor major special events which require advance booking may be confirmed earlier than the listed dates provided there is no conflict under the Campus Recreation Assistant Director of Events’s discretion.

**Facility Reservation Procedures**

Completion and submission of an online reservation request form is required of all organizations/groups that are not associated with Campus Recreation for reservation of all Campus Recreation spaces, including Fike Recreation Center spaces and The Outdoor Fitness and Wellness Center.

All reservation requests for use of Campus Recreation facilities/fields must be approved by the Assistant Director of Events. Further approval of CUPD may be needed under certain circumstances.

Practice requests received from sport clubs are to be reviewed and signed off on (under “Reviewed By”) by the Director of Club Sports before being processed. Game and tournament requests do not need previous approval.
Requests for the block scheduling of facilities/fields for weekday activities (such as fitness classes, intramural sports, and sport club meetings/practices) is permissible provided such reservations are based on previous usage and anticipated needs, and that dates and times not utilized are reported to the Events Coordinator within two weeks following the beginning of the semester or summer sessions for the purpose of making changes to the scheduling calendar.

The Assistant Director of Events is to be informed of any cancellation of programs/events within 72 hours of the start of the reservation. After this time, certain fees still apply.

Decisions to keep or release an outdoor reservation space due to the potential of rain must be made 24 hours in advance.

**FACILITY HOURS**

- **Swann Fitness Center hours:**
  - Monday – Thursday, 5:30am-1:00am
  - Friday, 5:30am-12:00am
  - Saturday, 8:00am-12:00am
  - Sunday, 12:00pm-12:00am

- **Swann Fitness Center break hours:**
  - Monday – Friday, 5:30am-9:00pm
  - Saturday, 8:00am-8:00pm
  - Sunday, 12:00-8:00pm

- **McHugh Natatorium hours:**
  - Lap Pool
    - Monday – Friday, 5:30-9:00am; 11am-2:00pm; 6:30-10:00pm
    - Saturday, 12:00pm-6:00pm
    - Sunday, 1:00-6:00pm
  - Diving Well
    - Monday – Friday, 6:30-10:00pm
    - Saturday – Sunday, CLOSED

- **Athletic Training Room hours by appointment only:**
  - Monday, 12:00-7:00pm
  - Tuesday, 9:00am-12:00pm and 1:00-5:00pm
  - Wednesday, 1:00-7:00pm
  - Thursday, 1:00-5:00pm
  - Friday, 9:00am-1:00pm
  - Saturday – Sunday, CLOSED

- **Climbing Wall hours:**
  - Monday, Tuesday, Thursday, and Sunday, 4:00-9:00pm
  - Wednesday, 4:00-7:00pm
  - Friday and Saturday, 1:00-5:00pm

- **Fike Recreation Center will be closed for general patron use for all home Clemson University football games.**
- **Fike Recreation Center is closed for all University closures, unless denoted on the Campus Recreation Main page.**
BEHAVIOR & PARTICIPATION
Campus Recreation policies are designed for the protection of participants, employees, and facilities. Participants are of all ages; including children. All participants should be mindful and respectful of others around them.

- Participants may not interfere with employee duties, use obscene language, or engage in verbal and/or physical abuse of employees or other participants.
- Participants must observe all posted signs and verbal directions provided by Campus Recreation staff.
- Use of drug, alcohol, and tobacco products are not permitted at Campus Recreation facilities or program venues. Attendees or participants identified as impaired will be removed from Campus Recreation facilities or program activities.
- Attempts to use another member’s ID or provide a member ID for another’s use violates University and State regulations. Consequences of ID violations may result in confiscation of the ID and suspension from Campus Recreation facilities and/or program participation.
- Use of Campus Recreation facilities for personal gain violates University policy relating to facilities, services, or solicitations, and is prohibited at all program venues.
- No pets are permitted in the Fike Recreation Center. Exception is made for service animals.
- Individuals under the age of 16 must be accompanied by a parent/guardian adult (18 years of age or older) in all areas of facility.
- For sanitation and safety reasons, and to protect the facility and equipment, participants are required to wear clothing appropriate to activity area.
- Participation and entry for academic purposes (academic research, projects, observations, etc.) must be submitted in writing and approved prior to accessing the facility.

IDENTIFICATION
Verification of eligibility to use Campus Recreation facilities and/or to participate in Campus Recreation programs is required.

Fike Recreation Center
- A valid CUID or Campus Recreation Membership ID is required at the Welcome Center ID check station to enter the Fike Recreation Center.
- Alternate computer identification verification: Welcome Center staff will verify picture identification information for entry to the Fike Recreation Center up to three (3) times per semester. After three (3) computer verifications, a member must produce his/her ID, purchase a replacement CUID, or purchase a Guest Pass to enter the Fike Recreation Center.
- Guest Pass receipts are valid for single entry on the date of purchase only.

Intramural Sports and Club Sports
- In order to participate in intramural sports, participants must present to the intramural sports staff a valid CUID card prior to each contest.
- When ID checks are needed during club sports participation, a valid CUID card is required.

FOOD & BEVERAGE
• Food is not permitted in Fike Recreation Center activity areas and locker rooms.
• Food and beverage may be arranged for Fike Recreation Center meeting rooms with prior approval.
• Non-glass, sealable containers are permitted in the Fike Recreation Center activity areas. Fike Recreation staff determines if containers meet acceptable standards.

**EQUIPMENT CHECK-OUT / IN**

• Day use equipment is available for checkout with valid CUID or Fike Recreation Membership ID. Day use equipment must be returned by facility closing on the same day to avoid replacement charge.
• Equipment is available for multiple day use - a deposit may be required. Multiple day use equipment is reserved in advance and returned on specified due date to avoid late return or replacement charges.
• Lost, missing, or damaged Campus Recreation equipment or property may result in replacement charges or suspension of Fike Recreation Center facility use and/or program participation dependent upon circumstances. Campus Recreation staff will address and resolve the situation.

**LOST, DAMAGED, OR STOLEN ITEMS**

Campus Recreation is not responsible for participants lost, damaged, or stolen personal articles. Individuals should report stolen items to CUPD.

• Information regarding participants’ lost/found items must be made in-person: Inquiries about items lost at the Fike Recreation Center, Intramural fields, or Club Fields are made at the Welcome Center desk in the lobby. Inquiries about items lost at the Outdoor Fitness and Wellness Center are made at the CORE trailer.
• Personal toiletry items such as cleansing products, hair care products, razors, wash cloths, etc., are disposed of immediately due to sanitary health reasons.
• CUID’s are returned to the TigerOne office located in the Hendrix Student Center.
• Residence Hall keys are returned to the Housing Office.
• Items of value, such as electronic devices, wallets, keys, credit cards, jewelry, etc., are secured at the Welcome Center in the Fike Recreation Center and are turned over to CUPD on a monthly basis.
• Items such as bags, clothing, footwear, sport gear, water bottles, etc., are secured. Unclaimed items are held for a minimum of 48 hours, and then donated to local charities.

**II. FIKE RECREATION CENTER POLICIES**

**General Activity Area Guidelines**

• For safety and/or facility maintenance reasons, appropriate sport or exercise clothing and footwear is required for participants. Please see each section for specific requirements.
• Full torso covering shirts must be worn by all patrons in Fike Recreation Center, unless detailed specifically in area requirements below.
• Cut-off sleeves and tank tops are permitted, seeing they completely cover the nipples and spine, and sides are cut no lower than the bottom of the rib cage.
Campus Recreation staff reserves the right to deem any item of clothing acceptable versus unacceptable in accordance with health and safety standards.

- Jeans, zippers, belts, snaps, metal studs, and other materials on clothing that may damage equipment, upholstery, or flooring are not permitted.
- Excessive yelling/noise is prohibited in activity areas. Campus Recreation staff reserves the right to determine if any noise level is unacceptable.
- Dropping of weights is prohibited. Campus Recreation staff reserves the right to escort any patron dropping weights excessively that may damage flooring, walls, or cause injury to other patrons from the facility.
- Sport bags, backpacks, and personal items must be stored in cubbies or day lockers.
- All beverages are to be in non-glass, sealable containers. Campus Rec staff reserve the right to determine if containers meet acceptable standards.
- Spitting on the floor or walls is prohibited and may result in loss of privilege to use Campus Recreation facility and/or program use.
- Audio/video equipment in activity areas is operated by Campus Recreation staff only.
- Activity spaces are available for drop-in use when not reserved for scheduled program class or other scheduled activities.
- Baby strollers/carriers are not allowed in the activity areas or activity/fitness classes. Strollers may be allowed on the indoor track during non-peak hours.
- Use of headphones is required when using a personal listening device in fitness areas.

WELCOME CENTER

Memberships / Eligibility
Membership is required to use the Fike Recreation Center. Membership privileges include use of all Fike Recreation Center activity areas, meetings and public spaces, daily locker use, and group fitness classes.

- Full fee paying students have automatic membership included in their Campus Recreation student fees.
- Non-full fee paying CU students, CU employees and the spouse/partner are eligible to purchase a Fike Recreation Center membership.
- CU Degree Granted Alumni, CU Official University Retirees, and their spouse/partner can apply for a membership at the Welcome Center.
- Individuals must present one of the following forms of identification when purchasing a Fike Recreation Center membership or Guest Pass: official/valid CU employee or student photo ID, valid State Driver’s License, valid State ID card, current Passport, or USA Military ID.

Spouse / Partner Memberships
- Student/employee must accompany their spouse/partner for first time purchase of spouse/partner membership.
- Spouse/partner membership expiration is concurrent with student/employee separation from CU.
- It is the student/employee responsibility to inform Campus Recreation if relationship with spouse/partner has terminated.
- Membership is required for spouse/partner to use the Fike Recreation Center.
without spouse accompaniment.

**Guests Passes**
Fike Recreation Center participants may sponsor up to three (3) guests per day for a fee (activity area age restrictions apply).
- All guests must be sponsored by a Fike Recreation member to be eligible for daily guest pass.
- A valid photo ID must be presented by the Campus Recreation member and their guest.
- Guest pass privileges include use of Fike Recreation Center activity areas, daily locker use, and participation in group fitness classes.
- Guest pass holders MAY NOT purchase personal or small group training sessions.
- Guest passes are valid for a single entry on the date of purchase to Fike Recreation Center.
- Guests are required to sign-in at Welcome Center prior to entrance to the activity areas.
- CU students/employees may sponsor themselves for a daily guest pass with a valid photo ID.
- Sponsors are responsible for guests’ behavior and equipment check-out/return.
- Sponsors are responsible for remuneration for guests’ entrance fee and lost/broken/damaged equipment.

**Payment Methods**
Campus Recreation accepts payment in form of Visa, MasterCard, Discover, American Express, TigerStripe, and personal check with proper ID (Driver’s Licenses or State ID Card). Membership payment for eligible CU employees may also be made with Payroll Deduction.

Club Sport team dues or other team charges are made to the individual Club Sport Team.

**Refunds**
Refund requests may be made at the Welcome Center and are reviewed by Campus Recreation staff.
- All refunds are subject to a processing fee. Prorated fees may apply.
- All refund request forms will be accepted by the Welcome Center, the final approval will be made by the appropriate Assistant Director or Coordinator. If the refund is denied, an explanation as to why it was denied will be provided.
- If payment was made by credit card, the refund is returned to the original credit card only if requested the day of purchase (any refund requested after the purchase date will be made via check).
- Membership refunds will be considered for separation from the University or documented medical reasons.

**ACTIVITY AREA AGE REQUIREMENTS**
Patrons must be at least 16 years of age to use any Campus Recreation area without direct adult (18 years of age or older) supervision, unless explicitly stated below.

<table>
<thead>
<tr>
<th>Area</th>
<th>Age Requirements To Be In Area</th>
</tr>
</thead>
<tbody>
<tr>
<td>Free weight area, Sauna</td>
<td>Patrons must be at least 16 years old to use these locations.</td>
</tr>
<tr>
<td>Pool, Diving Well, Club Gym, Track, Main Gym, Climbing Wall, Studios</td>
<td>15 years and younger are required to be accompanied by a parent/guardian.</td>
</tr>
<tr>
<td>Pin-loaded weight machines and cardio machines</td>
<td>Must be at least 10 years old with parent/guardian supervision to use these locations.</td>
</tr>
<tr>
<td>Locker Rooms/Restrooms</td>
<td>Youth 6 years and older are required to use gender appropriate locker rooms/restrooms. Gender inclusive changing/locker rooms are available.</td>
</tr>
</tbody>
</table>

**COURTS**
Closed-toe, closed-heel, non-marking athletic shoes required.

**Basketball**
- Games are first-come first-served, and are regulated by players.
- Dunking is allowed, however snapping, excessive grabbing, or hanging from the rims is prohibited.
- Patrons are permitted to play without shirts (shirts vs. skins games) on the basketball courts, but must have a shirt on in all other areas of the facility.
- Basketballs may not be kicked.
- Basketballs may not be shot from the track area.

**Volleyball**
- Volleyball is available by request at the Welcome Center. Requests will be directed to the Recreation Supervisor, who will determine if space is available for play.
- Games are regulated by players.
- No excessive running into or hanging on nets or poles.
- Volleyballs may not be kicked excessively in a non-volleyball manner.

**Badminton**
- Badminton is available by request at the Welcome Center. Requests will be directed to the Recreation Supervisor, who will determine if space is available for play.
- No excessive running in to or hanging on nets or poles.
- Games are regulated by players.

**MAT ROOM**
- Shoes are not permitted on mat.
- Sparring is not permitted during drop-in hours.
- Cease activity if lacerations or bleeding occurs – contact facility staff immediately for clean-up.

**FITNESS ATRIUM – Free Weights and Weight Machines Area**

Contact a personal trainer or the Group Fitness Coordinator for equipment assistance.
- Closed-toe, closed-heel, non-marking athletic shoes required.
- Use of chalk is prohibited and will be confiscated by Campus Recreation Staff.
- Outside equipment may be examined by Campus Recreation Center staff for use.
- There is a 30-minute time limit on cardiovascular equipment when others are waiting.
- Use of treadmill safety clips is highly recommended.
- Equipment must remain in designated areas.
- Benches may not be elevated, propped, or inclined separate from design.
- Do not drop dumbbells or fixed barbells.
- Allow people to work in between sets.
- Rack equipment after use.
- Wipe down equipment before and after using.
- All weight training should be performed in a controlled and safe manner. Slamming, dropping or bouncing weights is prohibited.
- Olympic style lifts (cleans, snatches, and jerks) are prohibited.
- A spotter is recommended for all heavy lifts (Campus Recreation staff is not permitted to spot).
- Use of equipment other than for its designed function is prohibited.
- Use clips/collars on all Olympic bars.

**LUNGE/STRENGTH HALLWAY**

- Closed-toe, closed-heel, non-marking athletic shoes required.
- Use of chalk is prohibited and will be confiscated by Campus Recreation Staff.
- Weights from free weight area may be used in lunge/strength hallway.
- Plyometric boxes may not be stacked in any manner.
- Allow people to work in between sets.
- Rack equipment after use.
- Wipe down equipment before and after using.
- Dead lifts may be performed in the Lunge/Strength Hallway nearest the squat racks.

**CORE AREA**

- Closed-toe, closed-heel, non-marking athletic shoes required.
- Standing on exercise balls is prohibited.
- Allow people to work in between sets.
- Rack equipment after use.
- Wipe down equipment before and after using.
- Medicine balls may not be slammed or thrown against drywall.

**MULTIPURPOSE ROOM**

- Closed-toe, closed-heel, non-marking athletic shoes required.
- Use of chalk is prohibited and will be confiscated by Campus Recreation Staff.
- Standing on exercise balls is prohibited.
All weight training should be performed in a controlled and safe manner. Slamming, dropping or bouncing weights is prohibited.

A spotter is recommended for all heavy lifts (Campus Recreation staff is not permitted to spot).

Use of equipment other than for its designed function is prohibited.

Equipment must remain in designated areas.

Benches may not be elevated, propped, or inclined separate from design.

Do not drop dumbbells or fixed barbells.

There is a 30-minute time limit on cardiovascular equipment when others are waiting.

Use of treadmill safety clips is highly recommended.

**TRACK**

- Closed-toe, closed-heel, non-marking athletic shoes required.
- Runners and walkers on track only – no spectators.
- Run/walk in direction of arrow indicated at track entrances.
- Run on inside lanes. Walk on outside lanes.
- Spitting on any track or wall surface is prohibited and will result in removal from facility and suspension of membership until successful meeting with the Associate Director of Facilities and Operations.
- Strollers are permitted on the Track during non-peak hours.
- Lunge space available in the Lunge/Strength Hallway.

**RACQUETBALL COURTS**

- Racquetball equipment is available for checkout at the Welcome Center.
- Eye goggles/protection is highly recommended.
- Backpacks, personal items, and fitness equipment may not be carried into the racquetball courts.
- Closed-toe, closed-heel, non-marking athletic shoes required.

**STUDIOS**

**Upper and Lower Studio**

- All equipment must remain in the room.
- Return equipment to its original storage location after use.
- Drop-in use is permitted when studio is not scheduled.
- No standing on exercise balls.
- Medicine balls may not be slammed or thrown against drywall.
- Closed-toe, closed-heel, non-marking athletic shoes required.
- The lead cycle is for use by Campus Recreation instructors only.
- Wipe down all equipment before and after use.

**CLIMBING WALL**

- Valid CUID or Fike Recreation Center ID must be presented to Welcome Center and Climbing Wall staff prior to climbing to verify climbing waiver and belay eligibility.
- All participants must sign a yearly waiver.
- All personal climbing gear must pass inspection by Climbing Wall staff.
- Loose chalk is permitted and provided by Campus Recreation staff.
Closed-toe, closed-heel footwear is required while climbing – no bare feet allowed in the Climbing Wall area at any time.

- Belayers must be approved by Climbing Wall staff prior to roped climbing.
- Seated belaying is not permitted.
- Rope climbing on the climbing wall is available during Climbing Wall staffed hours.
- Bouldering on the climbing wall is limited to 12-feet as indicator line on the towers designates.
- Active spotting and/or pad placement is required.

**SWIMMING POOL/DIVING WELL**

**General**
- Do not run in natatorium.
- Do not dive in the lap pool area.
- Do not perform hypoxic/breath-hold training.
- Patrons must jump from the diving board with their feet (no hand-stands).
- Do not dunk, push, chicken-fight, or engage in other rough play.
- Take a cleansing shower before entering the water.
- Use provided locker rooms for changing of clothes and diapers.
- Do not enter if you have a communicable disease or open wound(s).
- Spitting, nasal discharge, urination, etc. in the pool area is not permitted.
- Kayaks, canoes, long boards, scuba tanks are permitted only for scheduled/approved programs.
- Upon request by a lifeguard, patrons must be able to swim 25 yards or may be restricted to certain areas of the pool.
  - *This policy is based on aquatic industry standards.*
- The maximum capacity of the pool is 399 people.
- Campus Recreation reserves the right to deem any activity unsafe in the pool area.

**Facilities and Equipment**
- Use only Coastguard-approved floatation devices.
- Use the toys provided – personal toys must be approved by Campus Recreation staff prior to use.
- Do not climb or walk on lifeguard stands. They are for on-duty lifeguards only.
- Do not hang on lane lines.

**Attire**
- Wear attire specifically designed for swimming. No cut-offs or workout attire.
- Wear flip flops or go barefoot on the pool deck. No street shoes permitted on the pool deck.
- T-shirts are acceptable at the Lifeguard’s discretion.

**Children**
- A parent/guardian must be present and within an arm’s reach of any child using a floatation device.
- Use of swim diapers is required – paper or cloth diapers are not permitted.
LOCKERS
Campus Recreation is not responsible for lost/stolen or damaged items. Do not leave valuables such as jewelry, wallets, electronic devices, or credit cards unsecured.

Day Use Lockers
- Campus Recreation is not responsible for any lost or stolen items and strongly recommends that all personal belongings are secured. Locks are available for purchase at the Welcome Center Desk.
- Day lockers and locks must be cleared at the end of the night. Locks left on day use lockers overnight will be cut off and contents removed.
- Personal articles may not be secured on outside of locker.
- Backpacks, personal items, and fitness equipment may not be left on floors, benches or ledges.

Rental Lockers / Towel Service
- Towel service is available for purchase at the Welcome Center.
- Semester and annual lockers are available for rent on a first-come, first-serve basis. Lockers rentals go on sale the first day of classes each semester and continue throughout the semester or until sold out.
- At the end of the rental contract: clear locker of personal items and check out at the Welcome Center.
- Personal items left in lockers at the end of the rental contract period are held for one semester before being disposed of according to approved University procedures.
- Lockers must be renewed or cleared by the last day of the rental contract or a $10 fee will be charged to retrieve items.
- Personal toiletry items such as cleansing products, hair care products, razors, wash clothes, etc., are not held, but disposed of for sanitation reasons.
- Personal articles may not be secured on outside of locker.

Sauna Room
- Must be 16 years of age or older to enter.
  - This Clemson University Campus Recreation policy is based on safety and health issues and serves to minimize risk for participants and employees.
- DO NOT POUR WATER ON HEATING DEVICE. The sauna is water-free.
- Athletic attire, towel, or bathing suit must be worn while using the sauna.
- Seek medical advice prior to use if you are pregnant or have a health condition.
- Recommended maximum total duration is 10 minutes as excessive exposure can be harmful.
- A cleansing shower is required before use.
- For health reasons, exercise is not permitted in the sauna room.
- Sauna capacity is 10.

III. OUTDOOR FACILITIES

General Outdoor Area Guidelines
The outdoor recreation facilities are intended for the use by Clemson University students, employees, and their guests.
- Outdoor activity areas are available for drop-in use when not reserved for scheduled program class or other scheduled activities.
- Outdoor facilities are open when the Fike Recreation Center is open – weather permitting.
- Requests for outdoor lights for sports field are made with Campus Recreation Scheduling, (864) 656-3373.
- Skateboards and bikes are not permitted in Fike Recreation Center or on facility entry steps.
- Non-glass, sealable containers are permitted at Fike Recreation Center outdoor facilities. Campus Recreation staff determine if containers meet acceptable standards.

**LIGHTNING, BAD WEATHER, FIELD CLOSURES**

**Severe Lightning/Thunderstorm Procedures (Sky Guard)**
The Sky Guard lightning prediction and warning system will sound an alarm signaling a **red alert period, one, long blast from the horn and a strobe light on the assembly begins intermittently flashing**, lighting is within eight (8) miles of campus. If the conditions appear unsafe, and a red alert alarm has not sounded, **common sense should be your guide and activities should still cease despite the absence of a Sky Guard warning.**

All outdoor activities cease during red alert periods and appropriate shelter sought. Campus Recreation staff will advise participants to clear fields, playing areas, and pool. Participants may be evacuated to Fike Recreation Center or personal vehicles. Campus Recreation Staff will inform patrons when the area is “all-clear.”

**Field Closure and Notification**
When fields are determined to be unplayable (i.e., standing water, saturation, snow, pouring rain, lack of visibility, freezing temperatures), activity is suspended and/or cancelled to avoid further damage to the field or risk of injury to individuals.
- Fields may be deemed “UNPLAYABLE” by Campus Recreation or CU Facilities Management staff.
- Traveling Club Sport teams contact the Fike Recreation Center Welcome Center desk, (864) 656-3453, for updated information on game status and field conditions.

**IV. PROGRAMS**

**GROUP FITNESS CLASSES**
- Group fitness classes are offered free with your Fike membership and are available on a first-come, first-served basis.
- To enter a fitness class, you must have your valid CUID or Fike Membership ID as it will be swiped upon entry.
- Each class has a designated number of maximum participants based on space capacity and available equipment. Once a class fills up, a sign will be placed on the door and participants will no longer be allowed to enter.
- Please do not enter mind-body classes once they have begun or leave early as it disrupts the class flow.
- Notify the instructor of any physical considerations you have before class begins.
- Spray off all equipment after use.
Return equipment to designated storage space.

**FITNESS ASSESSMENTS**
- Fitness assessments are provided by Campus Recreation Fitness staff members for an additional service fee.
- Assessments are for Fike Recreation Center members only. Prices are listed on the website.
- General fitness assessments will measure current cardiovascular health, muscular strength and endurance, flexibility, as well as body composition.
- All fitness assessments must be paid in full prior to service at the Fike Welcome Center.
- A list of recommendations to be followed prior to fitness assessment appointments is located on the website.

**PERSONAL TRAINING**
**Eligibility**
- Clients must be current Fike Recreation Center members.
- All forms must be completed online prior to any personal training services.
- The Department of Campus Recreation reserves the right to deny services to any participants who may not be able to exercise safely within the parameters of the personal training program.

**Training Guidelines**
- All personal training sessions will be conducted in Fike Recreation Center or the surrounding areas outside.
- All clients must adhere to all Fike Recreation Center membership and facility policies and procedures found in the Campus Recreation Policy Handbook.
- All individual personal training sessions will be conducted one-on-one, trainer to client.
- All three-person group training sessions will be conducted with one personal trainer.
- Clients must report to the Welcome Center in Fike Recreation Center at the beginning of each scheduled session to check-in.
- Training sessions must be completed within 90-days of the purchase date.
- Cancellations must be made a minimum of 24-hours prior to any scheduled session.
- Call the personal trainer directly to cancel any sessions.
- If a cancellation is not made a minimum of 24-hours prior to any scheduled session, the client will be charged for the full session. The same applies for any “no-shows.”
- Only current Campus Recreation personal trainers will conduct training sessions.
- Appropriate attire must be worn during all training sessions. Please refer to the General Activity Area section for guidelines.
- All training sessions begin at the time agreed upon by the Personal Trainer and the client. If a client is late, time will be deducted from the session.

**Packages and Payment**
- All personal training fees must be paid in full at the Welcome Center in Fike Recreation Center prior to scheduling any training sessions.
- Personal Training packages may not be split with other clients in any way, regardless of their relationship to the client.
- Personal Trainers will not accept any direct or additional payment for their services.
- Personal Training sessions are non-transferable and non-refundable. Medical conditions which prevent the sessions from being redeemed within the 90-day expiration period may be refunded if a physician’s note is provided.
- Clients who purchase individual sessions are required to purchase a fitness assessment in addition to providing the personal trainer with baseline information regarding current health and fitness levels.
- The first session of any package purchase will consist of a consultation, fitness assessment, and initial guided workout.

**MASSAGE THERAPY**
- All appointment requests can be made by completing all online forms.
- Appointments must be paid in full prior to service at the Welcome Center, located in the lobby of Fike Recreation Center.
- Therapists will not accept any direct or additional payment.
- Packages cannot be split between parties in any way. They are for individuals only.

**ATHLETIC TRAINING**
- Campus Recreation, in collaboration with Redfern Health Center, is committed to improving the quality of life for its students, faculty, staff and their families, by providing access to Athletic Training services.
- Athletic Training services include injury prevention programs, injury care, and rehabilitation services for all students, faculty, and staff attending Clemson University in a professional manner using the latest techniques and technology as approved by the NATA.
- Participants are educated in the best practices for injury care, health, and wellness, and can successfully develop lifelong skills for improving the quality of life.
- More information on the Athletic Training program, including contact information, can be found at [http://www.clemson.edu/campus-life/campus-recreation/athletictraining/](http://www.clemson.edu/campus-life/campus-recreation/athletictraining/).

**CORE**
- Outdoor trips are open to all Clemson Affiliates (Students, Faculty, Staff and Fike Community Members). Affiliates are allowed to bring a guest but the member must be present on the trip or course. Additional fees may be required for guests.
- Pre-registration and payment is required to participate and payment must be made at the time of registration.
- Participants must sign waiver prior to program date to participate.
- All trip and clinic payments are nonrefundable. Programs or classes may be cancelled if minimum registration numbers are not obtained prior to the start date or if severe weather is expected for the duration of the trip. In this case a
full refund will be issued. Refunds must be processed by the University business office and take up to four (4) weeks.

OUTDOOR GEAR RENTAL POLICY

- Equipment Rentals are available for all Clemson Affiliates (Students, Faculty, Staff, and Fike Community Members).
- A variety of outdoor equipment is available for check out from the CORE office at the Campus Beach and Recreation Area. Fees are associated with each type of equipment and are dependent on length of use.
- A rental agreement is signed at the time of equipment pick-up. Outdoor gear responsibility is solely with the signer on the contract regardless of who used the equipment.
- Equipment must be paid for in full at the time of pickup.
- Equipment must be picked up and returned during the rental center office hours.
- Canoes and Kayaks are available for free check out on a first come first serve basis during CORE office hours provided the boats and equipment is checked out and returned during office hours on the same day. A valid Clemson University ID or Fike Membership Card is required at time of checkout. Equipment that is not returned by closing will default to the appropriate fee.
- Late returns, dirty, lost, stolen, or damaged gear is subject to additional fees as outlined on the rental agreement.
- Commuter Bikes are available for long term rental (month, semester, year) on a first come first serve basis at the CORE rental center. Please call for availability.
- A bike repair shop is available at The Outdoor Fitness and Wellness Center and is open during rental center hours. The shop is a self-service shop and has tools and stands available for use. Patrons are responsible for purchasing their own parts from a bike shop. We do not provide bike repair services for bikes that do not belong to the outdoor program.

CLUB SPORTS

- Club Sports at Clemson University provide opportunities for students to participate in a wide variety of competitive and recreational programs.
- Participants are afforded leadership opportunities through the student-management roles within each club sport, and the administration responsibilities that come with them.
- The program strives to contribute to the health, well-being, personal development, and education of students through their involvement in club sports.
- The overall success of a club sport is dependent on student involvement and effective student leadership and cooperation.
- Recognized club sports are student organizations that are composed of and led by Clemson University students, are sport-related and competitive in nature, and adhere to all University and Club Sport policies.
- More information on the Club Sports program, including the Club Sports Manual and contact information, can be found at http://www.clemson.edu/campus-life/campus-recreation/club-sports/index.html.
INTRAMURAL SPORTS

- Intramural Sports provides opportunities for students, faculty, and staff to participate in a quality competitive and social outlet.
- Participants form teams of their peers and friends in order to compete against other teams who are of a similar skill level.
- The program aims to contribute to the overall well-being of students by promoting an active lifestyle.
- Registration and signing waivers occurs online and must be completed prior to participation.
- More information can be found at http://www.clemson.edu/campus-life/campus-recreation/intramurals/.